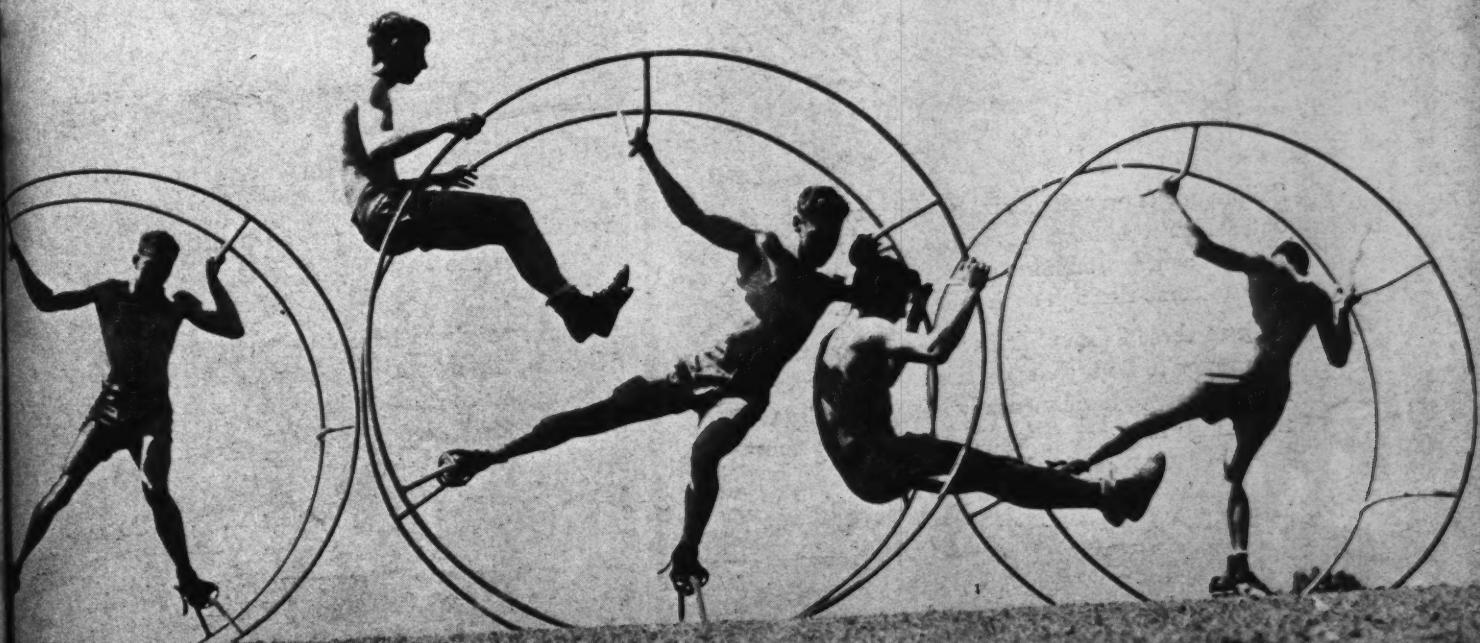


# SCHOLASTIC COACH

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"IT MUST HAVE TAKEN SOME GUTS..."

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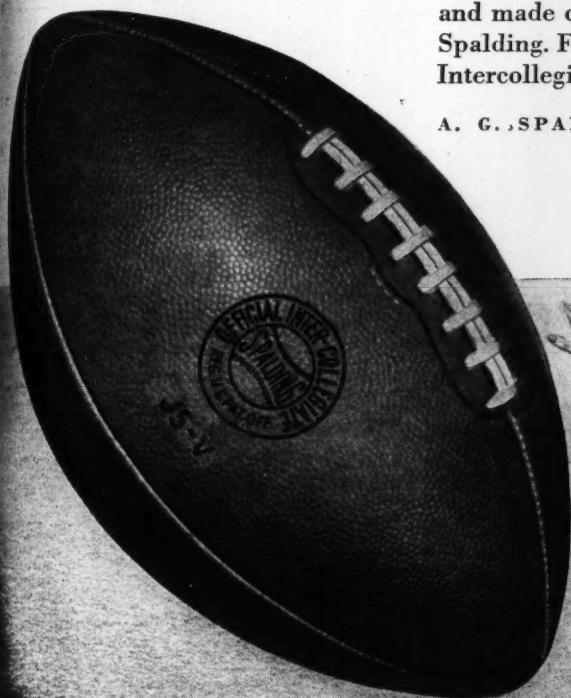
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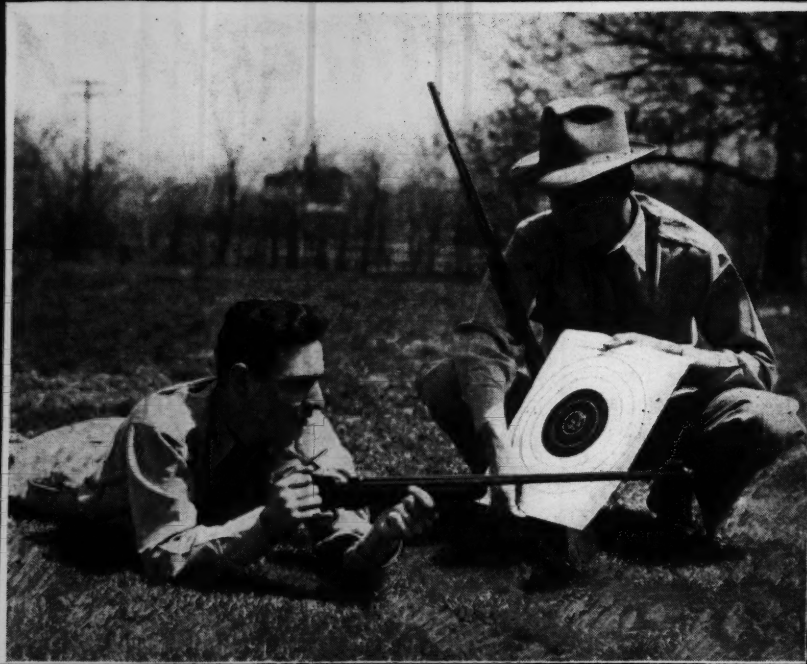


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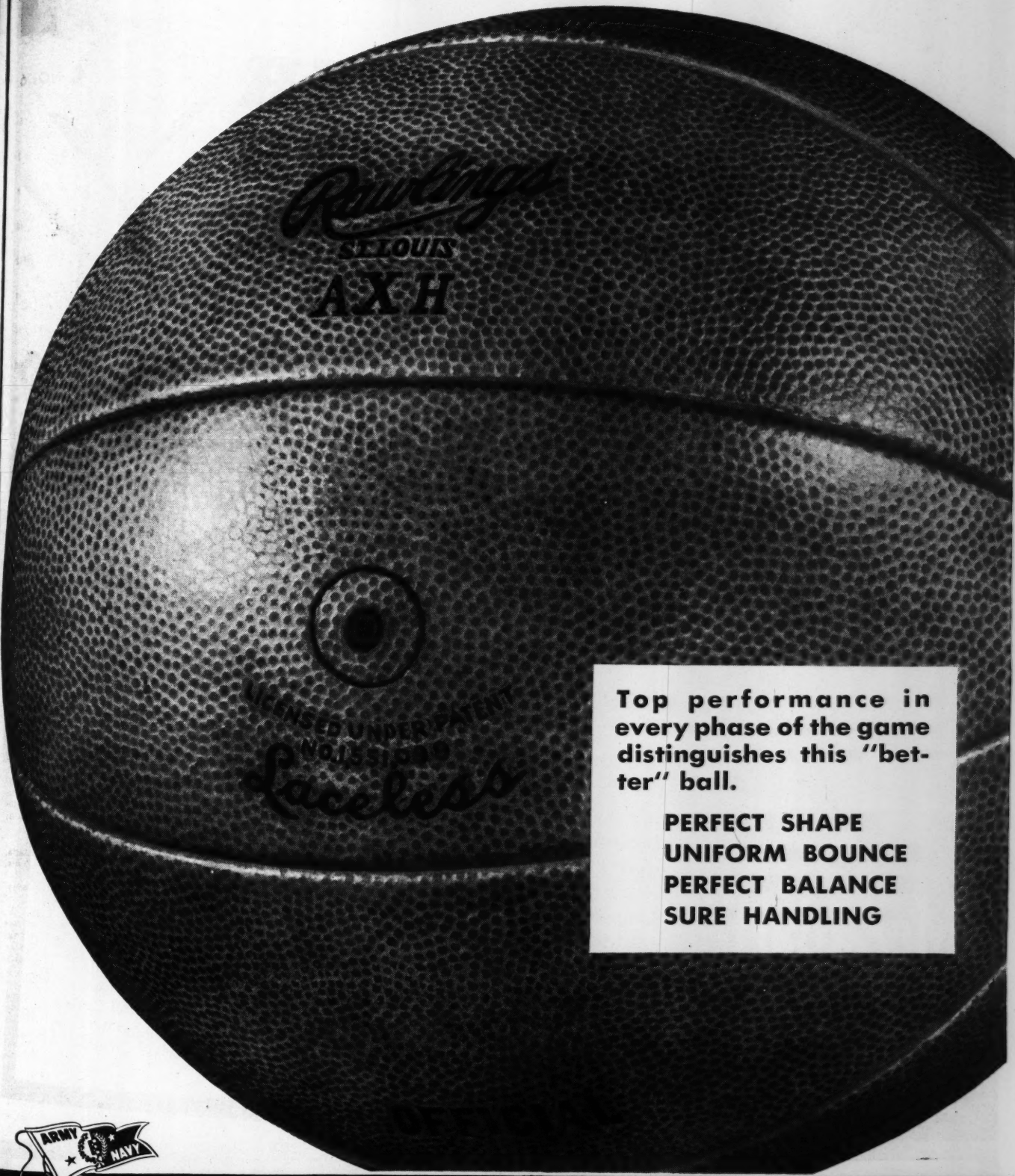
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Here  
Below

# Sports on Midway

**I**N THE early days of the war, we heard a lot about Midway Island. Remember? Midway stood alone, a beleaguered flyspeck in the vast Pacific, a gallant garrison of Marines and civilians holding back the whole attacking force of the Nips. . . .

We don't hear so much about it, now . . . but it still stands, undefeated. According to military strategists, this fact alone may be responsible for the safety of Honolulu and perhaps our own West Coast cities.

How does this concern a sports magazine?

It may be a shot in the dark, but the successful defense of Midway may be largely attributed to the elaborate sports program that flourished back in the pre-Pearl Harbor days.

You think that's a pretty screwy notion? Then listen. . . .

First let me give you some inside dope about Midway. It's undoubtedly the most God-forsaken spot in the world.

Picture a bleak, lonely hummock of shifting white coral sand about a mile long and half as wide, with a peak elevation of forty-two feet. Locate that sandbar in the Pacific half way between China and California and 1300 miles from the nearest white settlement. Surround it with treacherous coral reef, with shark-infested waters and wild pounding surf through which only the toughest of men and vessels may venture.

Add a hot summer climate, chill winters with sudden and severe storms, and screaming hordes of sea

birds . . . birds that moan and groan and beat their wings.

To this unprepossessing layout bring a little garrison of U. S. Marines and some 3000 Navy construction workers—all men. Men from Los Angeles and Seattle, from Gotham and Podunk. Good men, bad men, ex-pugilists, ex-bartenders, ex-evangelists, ex-musicians, ex-loggers, ex-clerks. Men with normal lusts and passions; men whose only dream was of the Someday they would have served out their 12-month contract and could return to their homes and the bright lights a half a world away.

When you've mixed all these ingredients together, you no longer have just a barren, God-forsaken little sandspit. . . . You have a little private corner of Hell and the makings of a first-class mutiny. . . .

**T**HE winter and spring of 1941 were difficult days on Midway. The workmen began finding fault with their bosses and their food; began bickering among themselves, fighting in the yards, quarreling over inconsequential matters. Petty disagreements grew into major feuds. Production began dropping off, the job was falling behind schedule; and this was a vitally important job—a job of construction whose worth was never fully known until Midway was forced to defend herself.

A syndicate of six major Pacific Coast contractors held the Island contract. Superintending the project was M. B. Shiek, who watched the growing unrest with a worried eye.

The men were being paid unbe-

lievably-high wages; their food was the best money could buy; living conditions were as satisfactory as they could be made under the circumstances. But unrest grew.

Superintendent Shiek not only knew how to build runways and hangars and piers . . . he knew men.

He decided the only answer to this impending chaos was an organized sports program. Realizing such a vital job should not be relegated to an amateur, he sought the best recreational director money could hire.

**G**EORGE VLK was a man among men; rugged, a good mixer, a genuine sportsman. He played right end for Notre Dame in 1928, '29 and '30 under Knute Rockne. During those years, he did more than just play football. He absorbed a lot of manliness from the superb old coach. . . . In many ways he was much like him.

After graduation he coached at a catholic university for several years and then at Tulsa University in Oklahoma for another five, resigning that position to accept the Midway offer.

By midsummer of 1941, Vlk had the entire Island sports minded.

Although his main duty lay with the construction workers, he realized that a well-developed sports program could do more than anything else to create unity among the Island's several cliques, namely, the civilian workmen, the employees from the cable station, the men from Pan-American Airways, and the Marines.

With this in mind, he organized a baseball league.

Before many days, interest was running hot and heavy. Teams were formed by workers in the machine shop, on the docks, in the mess hall, the garage. Practically every department had its picked nine and rivalry was at fever pitch.

The names borne by the teams were as rugged and picturesque as

(Continued on page 36)

There were sports on Midway before the Japs struck . . . which was a good thing for us. It helped save the Island and maybe Honolulu, as well. Here is the exciting story, told by Nell Murbarger, of the Newport-Balboa press, California, who got her facts from Fred Brinkman, who spent twelve months on Midway.

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# SIX-WAY ATTACK ON A ZONE

By Joel W. Hall

A play sequence that may be woven into your over-all offense quickly and easily

Coaches preparing their teams for state tournament play will find a few nuggets on that dread bugaboo—beating a zone defense—in this treatise by Joel W. Hall, coach at Riverview Gardens High, St. Louis.

**T**HESE days we coaches hear and read a good deal about the different methods of attacking a man-to-man defense. But we seldom come across anything on combating the zone. Yet we're constantly dealing with it, almost as much as with the man-to-man.

At the moment, most authorities agree upon three things in attacking a zone. First is to move the ball fast, shoot fast and follow up strong. If you move the ball fast enough—faster than the defense—someone should shake loose for a shot. At least so the experts contend.

The second theory, taken by itself or working in with the first, is to move the ball, not the players, and shoot over the opponents from any given spot on the floor.

The third bit of advice is to overload one side, forcing a 2-on-1 or 3-on-2 situation.

But all this oversimplifies the problem. To beat a zone, you must have a carefully prepared attack, combining the better features of all the advocated theories.

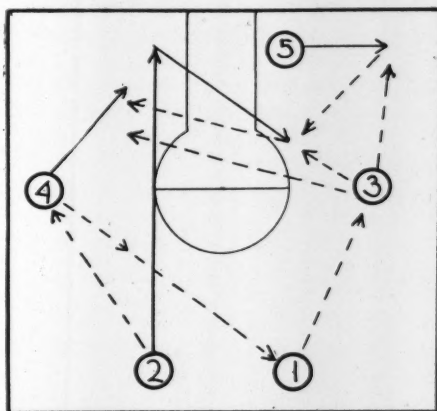
You may move the ball fast and also move your players to definite spots on the floor. Second, you may draw a defensive player out of position and move an attacker in for a quick shot. Or, third, you may set up a series of stationary or moving

screens with a good set shot shooting over the screen.

It isn't the writer's purpose to set forth a complete attack against the zone. With the season two-thirds gone, this would hardly be feasible. What will be given is a zone-attack series that can be woven into your offense quickly and easily.

**Diag. 1** illustrates one of the more common formations, involving the overloading of the zone. The best way to get it started is to have a guard bring the ball down the center, with a forward coming out, making a 3-out formation.

The ball should be moved from



**DIAG. 1:** No. 2 passes to 4 and cuts under basket, as 4 relays ball out to 1. The latter passes over to 3, who has several options. He may pass to 2, who has sneaked up behind defense to a post position; or to 5 in corner; or to 4 on weak side of defense.

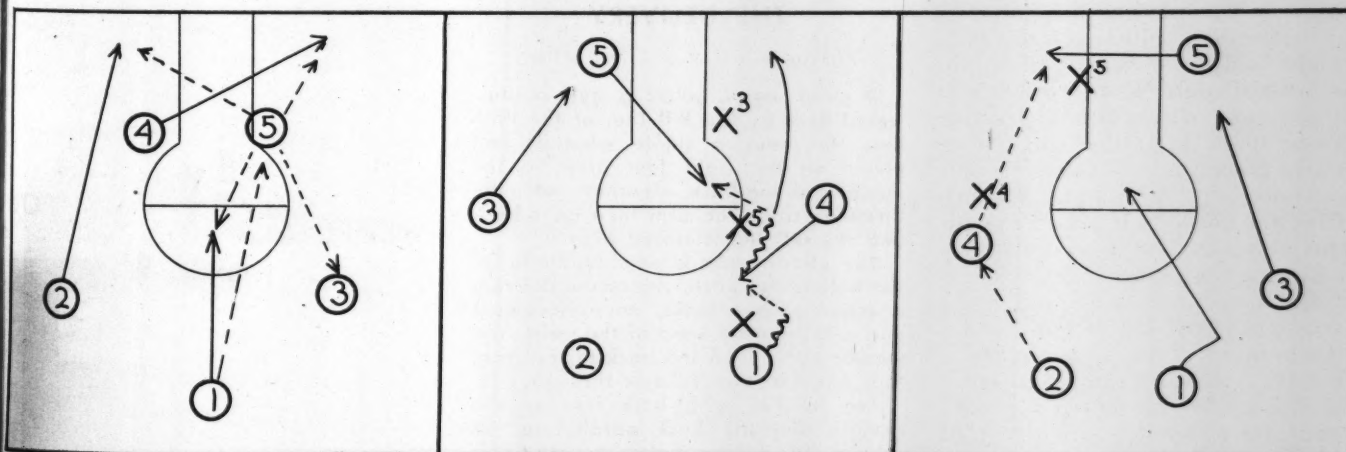
one side of the court to the other, with the players moving into their positions on the run, receiving the ball on the run and if possible shooting on the run. Notice how one guard (2) cuts in and comes up to play a post position, and how the center (5) goes to the corner while the forward on the back side drops in behind the defense close to the basket. This gives you four men in good shooting positions.

**Diag. 2** outlines the use of a double post against a zone. This will give the center man of a 2-1-2 plenty of trouble. Against a 1-2-2, it will harass the two back men. Have one good passer get the ball into one of the post men. The receiver should turn to shoot, with the opposite post man cutting behind him to the back line. One forward can drive to the back line behind the defense, while the other can drive into the free lane for a back pass or rebound.

The next two diagrams show two methods of drawing defensive players out of position and moving offensive players in for a shot. In **Diag. 3**, the guard bringing the ball down the floor goes wide to draw a defensive man to him. A forward cuts close behind the defensive man for a pass, turns and drives towards the center.

As the defensive center moves to stop him, the offensive center (5) moves into the post position for a pass and shot. If one of the defensive guards moves up to cover him,

(Concluded on page 29)



**DIAG. 2:** In this double-post setup, Nos. 1, 2 or 3 work ball into one of the posts. The other post then cuts behind the receiver to the end line. As shown here, 1 feeds 5 and 4 cuts behind him. The receiver may pass to 2, 4, 3 or 1.

**DIAG. 3:** Drawing a defensive man out of position: No. 1 dribbles to his right, taking the guard with him. No. 4 cuts behind X1 for a pass and a pivot towards the basket. When X5 moves up to cover him, he passes to 5 and cuts.

**DIAG. 4:** No. 2 starts the ball rolling with a pass to 4. When X4 moves up to cover him, the receiver relays the ball to 5, who has sneaked behind X5 under the basket. No. 5 may shoot, if uncovered, or pass either to 1 or 3.

# CONTROL MAKES THE PITCHER

by Jack Coombs

One of the greatest pitchers of all time from 1906-18, Jack Coombs is now the mastermind behind the slick Duke University nines.

**I**N my opinion, the pitcher has the hardest position on the team. I don't say this because I was one myself. I say it because the pitcher must use a lot of physical energy, must be alert at all times and must learn the weakness of every batter.

In addition to pitching and fielding his position, he must be ready to cover first base on all ground balls hit to his left. He must back up all bases—one base ahead of the runner. And he must keep constantly aware of every defense situation in which any member of his team may find himself.

The bigger and stronger the boy, the better are his chances of becoming a successful pitcher. Most great boxmen have been large men, tall and rangy. But there are requirements more important than size, such as good condition, strong muscles, an alert mind, and courage.

No pitcher can succeed without control—control of himself and control of the ball. What good is a fine curve he can't put over the plate? And what good is all his pitching skill if he loses heart or gets excited when the bases fill up?

You often read about promising pitchers who are "sure to make good" in the majors—but who are shipped back to the minors for more experience. Well, experience is just another name for practice—and practice is the way to learn to control the ball and control yourself.

Here is the method that helped me: Practice pitching a fast, straight ball directly over the plate about waist high. When you can do this four out of five times, practice pitching high and then low. Once you can place the ball at any height you choose, it is time to practice cutting the corners. If your progress seems slow, or if you get discouraged, remember that being able to put the ball just where you want it can pull you out of bad holes *when nothing else will save you.*

I have found from experience that it is easier to control the ball if you aim at some particular part of the catcher's body. Don't watch the batter—he moves around. Look at the catcher—he gives you a fixed target.

If the batter is a high ball hitter, pitch to your catcher's knee. If he likes them low, pitch to your

catcher's shoulder. Remember, from the start of your delivery to the finish *your eye must never leave the target.*

By studying the batter, you can often learn his weakness and pitch accordingly. Nearly every batter has a weakness, and many of them, without knowing it, reveal what it is. A smart, alert pitcher can profit by this. Here are some of the important things to look for:

1. If the batter's front foot (the one toward you) pulls away from the plate, pitch low and outside. He will be so far away from the line of the oncoming ball, that he cannot possibly drive it very hard.

2. If the batter's rear shoulder drops as he swings, feed him high balls. The dropping of the shoulder will cause the bat to swing on an upward slant, and anything he hits will go into the air.

3. If the batter takes too long a stride, pitch high to him. The only place he can drive a high ball is into the air. A slow ball, or a slow curve ball, is also effective against a man who takes an unusually long step before swinging.

4. If the batsman takes too short a stride, feed him low balls. He will not have enough arm movement to meet such a pitch squarely.

5. If the batter seems anxious, *take your time.* By making him wait, you make him over-eager to swing—and less likely to hit safely.

The presence of runners on base, of course, is one of the great problems of a pitcher. You will find these hints useful:

## THE DELIVERY

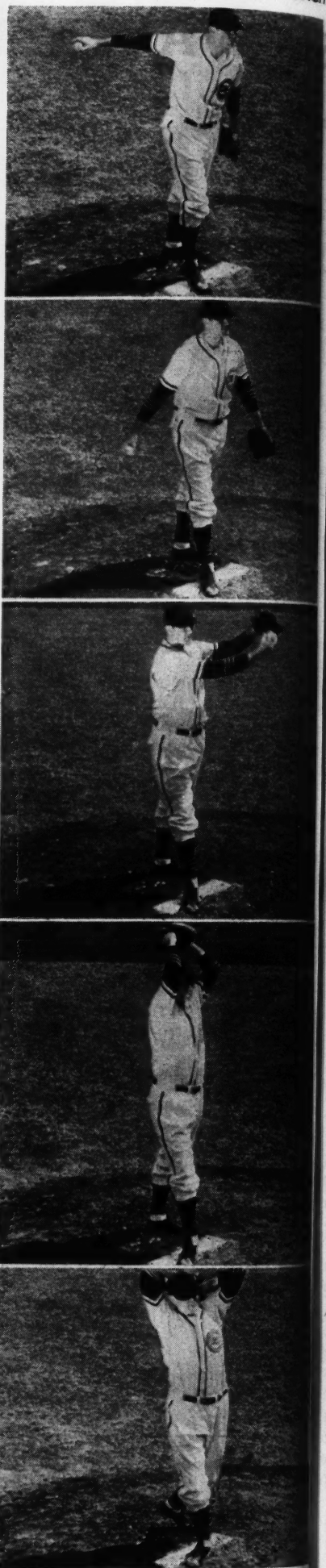
(Photos courtesy of Ethan Allen)

A good, simple pitching style is illustrated here by big Bill Lee, of the Phillies. He takes a single wind-up and pivots on the right foot prior to the downward-and-back motion of the throwing arm. The arm then goes back and the left leg is raised high.

The entire body is now ready to be put behind the pitch. The actual delivery is made with a loose, easy movement and a last-instant snap of the wrist. The weight shifts from the back to the front foot and the arm follows through.

Lee finishes with both feet on the ground and the back parallel to the rubber, facing the batter in readiness for a fielding play.

From beginning to end, his eyes never leave the catcher. He holds his fielding position until the catcher returns the ball. Many beginners err in walking in after every pitch—a senseless waste of energy and shoe leather.





1. Do not wind up when there is a runner on first only. Stand with your pivot (back) foot on the rubber so that the front spike is just on the front edge of the pitching plate. Your other foot should be far enough in front to maintain perfect balance.

Your elbows should rest on the hips, your hands in front, belt high, with the ball hidden by your glove. You must be equally ready to make a quick pitch to the batsman, or a quick throw to catch the runner off base.

2. Never wind up when there is a runner on second only. If a runner is occupying third, with no other bases occupied, it is safe to wind up before delivering the ball. At the same time, the wind-up shouldn't be over-deliberate.

3. When there is a runner on third, in scoring position, feed the batsman low curve balls. These are hard to convert into long fly balls.

4. Avoid throwing slow balls with first occupied. This handicaps the catcher. The idea is to give the runner the least possible time in which to steal second.

#### *Avoid freak deliveries*

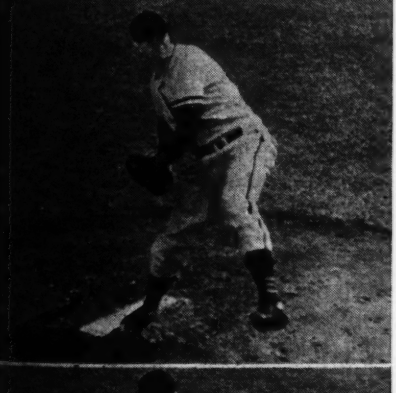
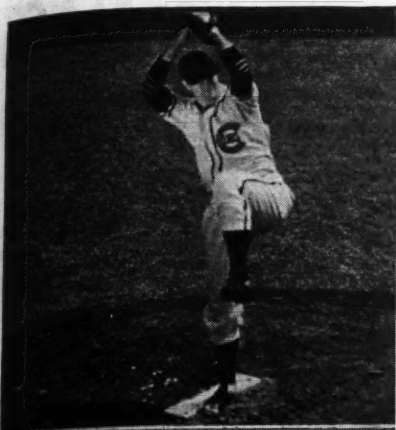
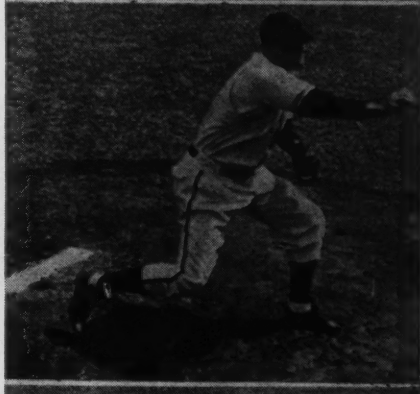
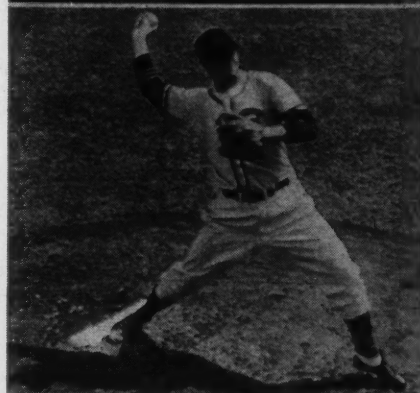
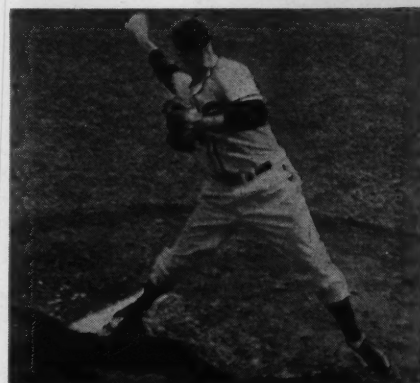
In my opinion, no young player should try to pitch such freak deliveries as the fork ball, the knuckle ball, the finger-nail ball or the fade-away. They are liable to injure the arm or shoulder muscles. These deliveries should be left to the older, mature pitcher. A young pitcher is wiser to concentrate on a fast ball, a good curve, a change of pace and control.

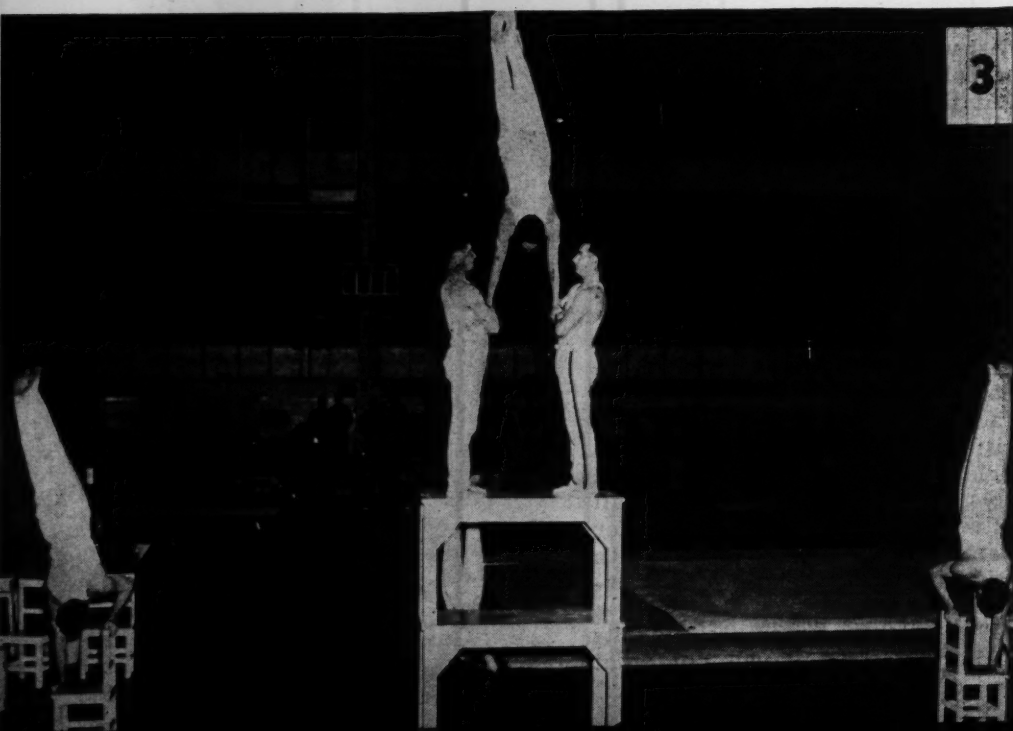
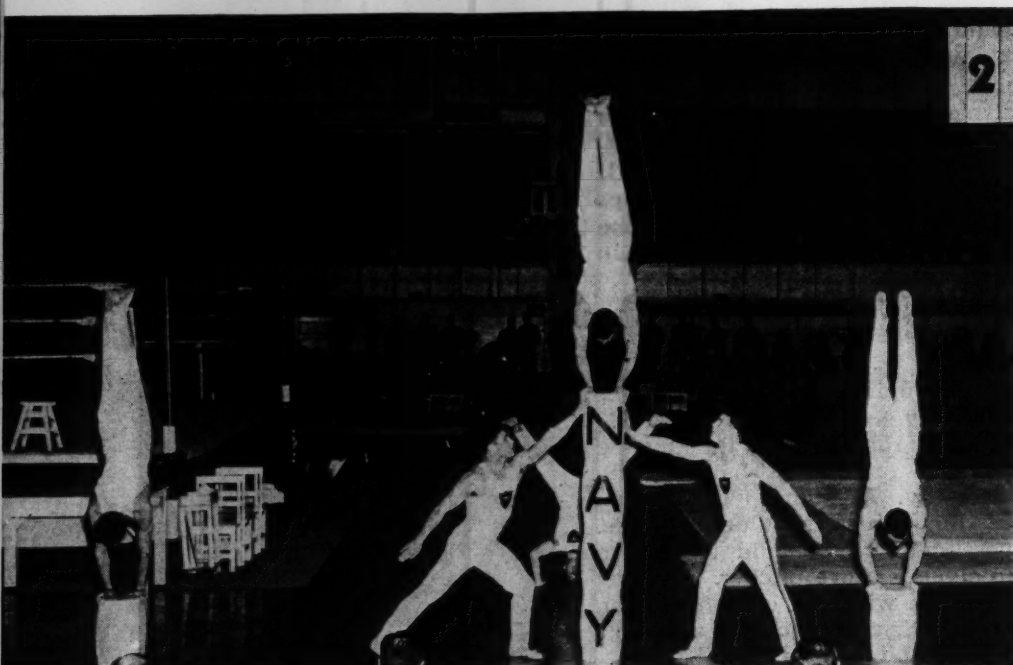
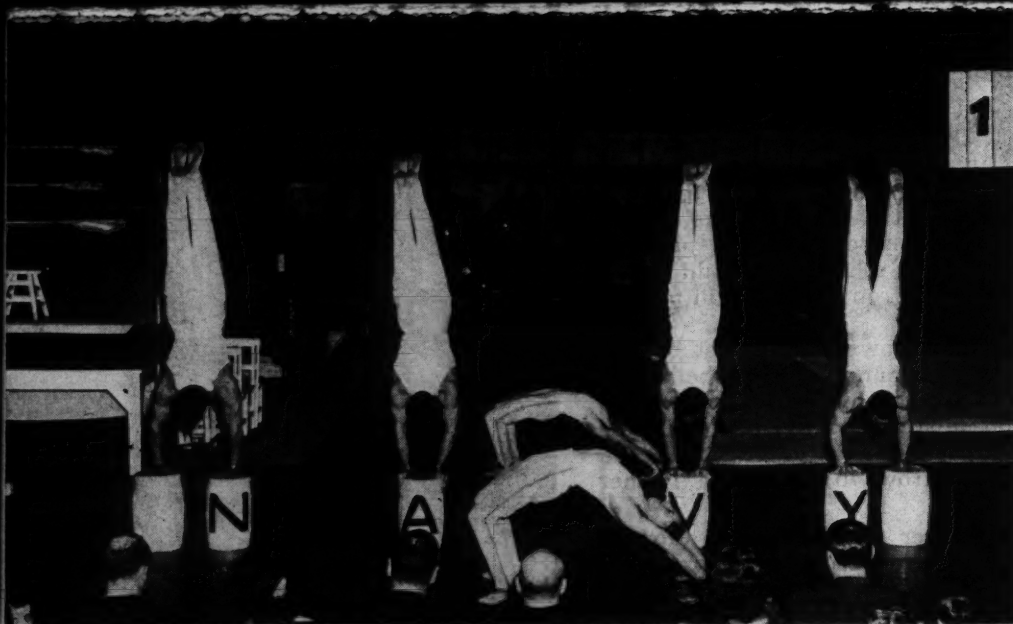
Don't throw a curve with a snap of the wrist. If you use the correct body motions, a simple turn of the wrist will put all the spin needed on the ball without straining the arm.

At the same time, don't attempt to curve the ball with a big crook at the elbow. The arm should be almost as fully extended as for a fast straight ball. To get a good curve, grip the ball very tightly with your middle finger, regardless of what pressure you exercise with the forefinger.

It takes practice—and then more practice!—to develop and control a good curve ball. And while you are practicing be sure to remember this: Always pitch from the same angle, using the same motion and the same swing of your arm for all deliveries. It is a great mistake, for example, to pitch a fast inshoot with a sidearm motion, and use an overhand motion for your curve ball.

The pitcher with such habits might just as well call out what kind of a pitch is coming.





# GYMNASTICS

by Lt. Wiley

Lt. Cmdr. Hartley D. Price, former gym coach of the University of Illinois, now heads the gymnastics and tumbling program at the Navy Pre-Flight School in Iowa City, Iowa. In the preparation of his article, which is a follow-up of his December piece, "Motivation Devices for the Gym Program," he acknowledges the assistance of Lt. Charles A. Putzler, Lt. Frank H. Bates and Cramer Lewis, sp(P) 1/c.

**E**XHIBITIONS or shows are particularly effective means of promoting gymnastics to both the student body and the public.

An organization such as the pre-war University of Illinois Gymkana Troupe was a valuable asset both in coaching the competitive varsity gym team and in stimulating interest in gymnastics wherever the troupe appeared.

A gymnastic exhibition does not necessarily require expert performers. But it does require overall planning, i.e., visualizing the performance in its entirety, rather than in its individual parts—appropriate music, effective lighting, a good setting, comfortable seating arrangements for audience, and a stage which meets the needs of the performance and which is within satisfactory view of the spectators.

The best performers from the regular program may be chosen to participate in the show. Each may be given additional work and extra coaching, and each should be encouraged to make his performance as polished as possible.

Several principles should be kept in mind in planning an exhibition:

1. Keep it short to sustain audience interest. Each act should be as finished as possible, and the entire program nicely varied. There should be a smooth dovetailing of the acts as they follow each other, an effect that can be achieved only with a well-planned, well-balanced continuity. A good continuity avoids undue lapses between acts and offers the performers an opportunity to change costumes, catch their breath and regain poise and relaxation for the next entry.

2. Simplicity of stunts should be the rule. Emphasize tricks within the ability of the performers. Simple tricks, executed in excellent form and in proper continuity, are more effective than difficult stunts which are poorly executed.

3. The exhibition in general should be planned with an overall



# EXHIBITIONS

by Lt. Wiley D. Price

former gym now heads program at the city, Iowa. In which is a fol-  
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view to the entire exhibition season. This rule should be followed for all performances whether they are on a large or on a small scale. Each show should be visualized from beginning to end. Individual routines within the show should be presented so that they lead up to a climax. There should be variety and contrast to sustain audience interest.

4. The acts should be costumed appropriately and effectively.

5. Suitable music and special lighting effects should be considered basic to a successful performance.

6. The value of the continuity sheet should be impressed upon every individual connected with the production. Each performer, each member of the band, the master of ceremonies, the managers, etc. should study his copy of the continuity sheet during rehearsal, and should follow it closely throughout the entire performance. This is the only way to assure a smoothly functioning and impressive exhibition.

7. The interest of participants should be stimulated to provoke an inspired performance.

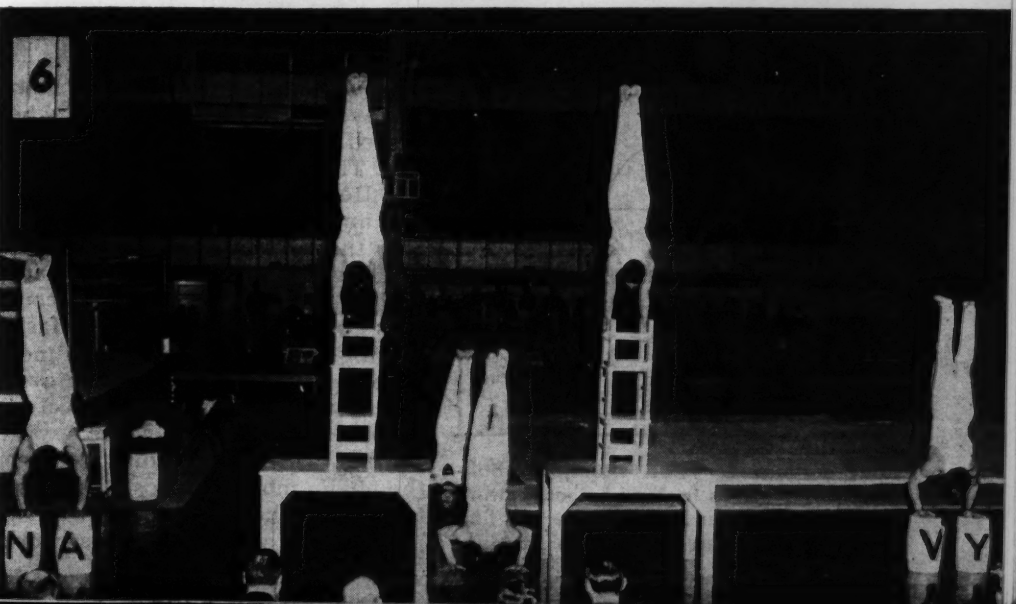
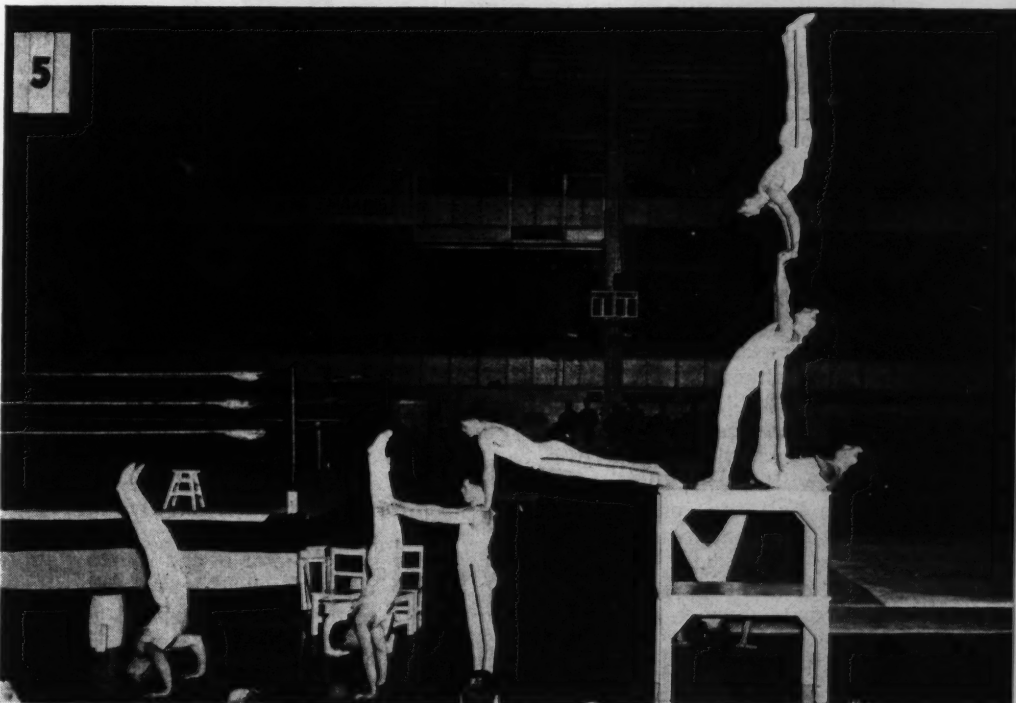
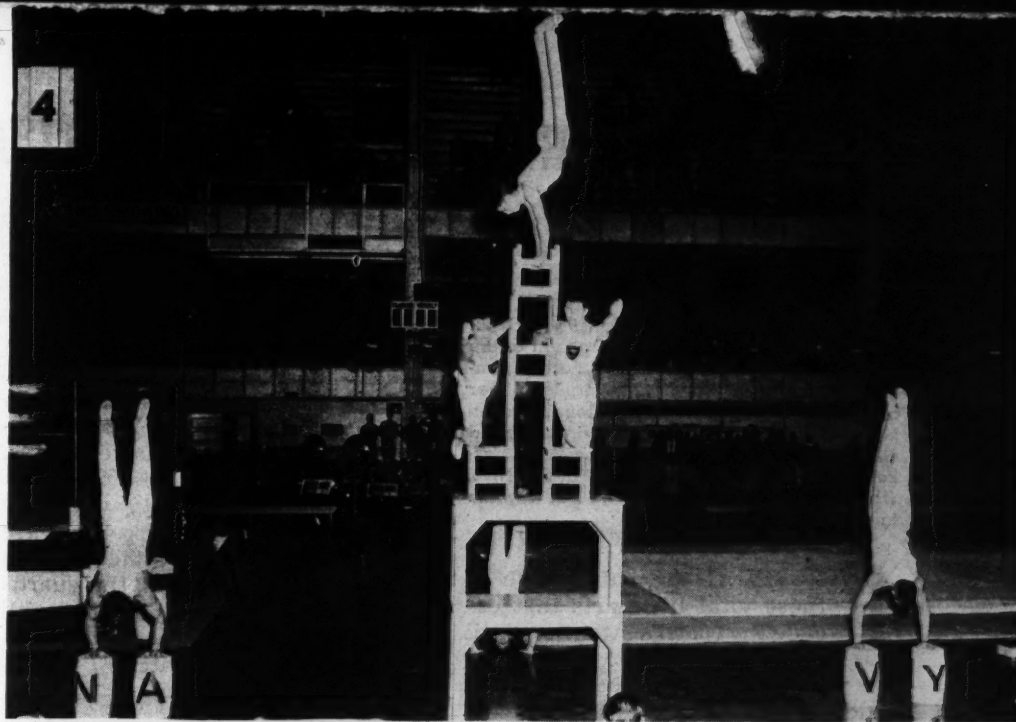
8. Safety rules should be observed. Performers should spot each other at all times.

At the U. S. Navy Pre-Flight School in Iowa City, 20 exhibitions were offered last winter. The exhibitions in order were: Tumbling, Parallel Bars, Doubles (group) Balancing, Advanced Doubles Balancing, Tiger Leaping, Trampoline (Straight), Trampoline (Comedy), Three Sets Parallels, Baton Twirling, Doubles Tumbling, Triples Balancing, High Bar, Ground Pyramids, Trampoline (Doubles), Comedy Act, Flag Twirling, Elephant Leaping, Balancing on Tables and Chairs, Balancing on Barrels, Aero Wheels and Trampoline.

Nearly all of you are familiar with the majority of these exhibitions. The acts that may be less familiar are: Balancing on Barrels, Balancing on Tables and Chairs, Pyramids on Three Sets of Parallel Bars, The Aero Wheel Act, Baton Twirling.

The barrel act is shown in Illustrations 1 and 2; balancing on tables and chairs, 3-6; for aero wheels, see photo on cover.

(All illustrations are official U. S. Navy photos.)



# FREEZING THE BALL—A NEGLECTED ART

By Moe Spahn

Moe Spahn is one of the greatest basketball players ever produced by Nat Holman at the College of the City of New York. After turning pro, he won the most valuable player award of the American Professional Basketball League and was a member of five world championship teams. He is now assistant basketball and head baseball coach at C.C.N.Y., where his jayvee quintet hasn't lost a game in two years.

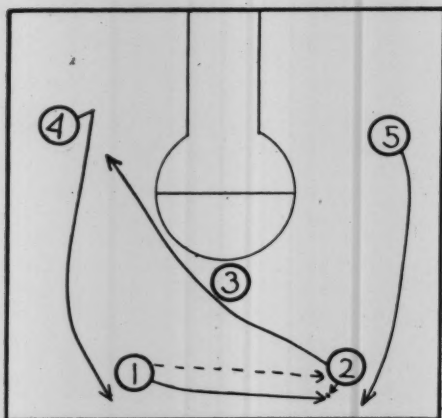
**F**REEZING the ball is one of those vital little arts that escape the coach's attention until it is too late. He may go half a season without thinking about it. Then suddenly he finds himself on the long or short end of a two-point lead, with a minute or so remaining.

If the opponents start freezing the ball, his boys must break it up. If his boys are ahead, they must put on the freeze. A slip either on offense or defense means the game.

Most coaches must lose a tough one before waking up to the need for a method of killing time. And we mean *method*. The average coach contents himself with yelling "Hold on to the ball!" As if that is all there is to it.

Of course, there are boys who will foolishly shoot if not cautioned. But the average player knows enough to concentrate on possession. Where he slips up is on the method of doing it. A boy will try a silly pass, hold on to the ball too long, stop moving, congest the backcourt. All of which is poor strategy.

A smart coach will prepare his boys for the freeze act, so that every player will know what to do with the ball and where and how to move. Here is the system we use at the College of the City of New York.



Play pattern for stall situations. Ball-handler, 2, gives to 1 and goes, cutting off pivot. He takes his man past foul line and returns. Idea is to keep moving.

We start with defense. First we teach the man-to-man. Then we take up the switching man-to-man. The guards may now rush their men without crossing positions, eliminating the danger of defensive bumps.

Every man plays his opponent closely. They switch *only* when opponents cross. The back men are responsible for any attacker who shakes free. On switches, the guards help one another by pushing with their hands (when necessary) and yelling "slide" or "switch."



Basic pass in C.C.N.Y.'s stall game, an over-the-shoulder flip—man then cuts.

We conclude every practice session with a five-minute drill wherein our A and B squads play both offense and defense. This flurry of running is a good conditioner. It gives the boys a chance to "get a sweat up" before leaving the floor.

In putting on a freeze, the important elements are:

1. Station a pivot or safety man at the end or even beyond the free-throw circle.
2. Keep the ball off the ground.
3. Never let a man stand still with the ball.

Setting up a pivot is important. It gives the ball-handlers, when rushed, a constant place to throw the ball. The pivot must not be stationary. He should come out to meet the ball and help his teammates whenever they get into trouble.

The second element, that of keeping the ball off the ground, encourages better ball-handling, faster passing and teaches a man to move in to meet the ball. We use an over-the-shoulder flip pass to protect the ball.

The third essential point is to keep the ball moving. Most men are tempted to hold the ball when opponents do not press. This works

against the freeze. It gives the defense a chance to collect their wits and organize themselves.

Many coaches turn their good dribblers loose in stall situations. But this, too, invites trouble. The best way to insure possession is to keep the ball moving.

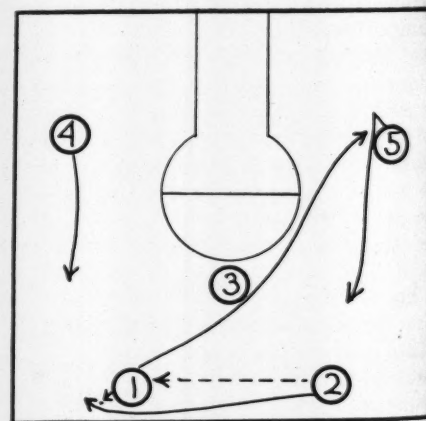
The accompanying drill provides good practice in stalling. It also improves several phases of team play. It encourages fast, clever ball-handling, running and deception. No shooting is permitted. The boys concentrate wholly on possession.

One of the basic points here is to avoid congestion. The idea is to keep the play open. Many boys make the mistake of standing around in the backcourt or taking a step or two and coming back. They should be instructed to move; to spread the play.

As you can see in the diagrams, once the ball is given off the passer spreads the defense by running his man down almost to the corner. Before coming out to meet the ball again, he fakes a change of direction. This helps loosen up his man.

In protecting a lead with a freeze, it is wise strategy to replace your slow-footed and poor ball-handling men with boys who can move and pass, even though they are not as good all-round players.

Another caution: Do not start a freeze too early. Many teams with substantial leads ease up too soon, enabling the losers to creep up. Keep piling up the score until the game is safely in the bag or until the right moment for the freeze comes along. This depends upon the score, time and your ability to stall.



The stalling pattern isn't static; it changes according to situation. If 5 is slow coming out, 2 may pass to 1 and cut back for return pass. No. 1 cuts off pivots.



No. 4 of a series of advertisements showing what Esquire is doing in the sports field.

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"GREAT MOMENTS IN SPORTS" is just one example of the outstanding sports activities in which Esquire is engaged. That's why you'll find that Esquire—a vital, active publication—is the favored magazine of men who are doing things in sports.



This dramatic painting by Peter Helck, of the Vanderbilt Cup Race on Long Island, 1908, is approximately size 13¾" x 17¾" in the December Esquire.



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AMERICA'S LEADING GENERAL MAGAZINE ON SPORTS

## Esquire

# A SAFETY COURSE IN BASEBALL

By Dave Tobey

Hazards for players and spectators, arranged in discussion form for physical education classes

Dave Tobey, one of the greatest basketball officials of all time, and author of "Basketball Officiating," is a physical education instructor at De Witt Clinton High School, New York City, and assistant football and baseball coach at the College of the City of New York. His article is reprinted, with permission, from "HETA," official journal of The Association for Teachers of Health and Physical Education, Inc. (N. Y. C.).

**M**ANY boys who play baseball are unaware of the safety measures needed to reduce accidents and injuries.

The physical education teacher may easily take this self-motivated topic and acquaint the boys with the hazards, dangers, accidents, etc., that affect spectator and player alike. The lessons should be arranged in usual order and supplemented with visual aids or reference material.

The questions should be worded as follows: What poor conduct on the part of Spectators causes many accidents? Each item is a topic for discussion in itself, and will undoubtedly provoke new questions as you go along.

## Spectator Conduct

1. Avoid crowding and pushing at entrances and exits.
2. Avoid stamping and jumping on seats.
3. Avoid climbing and hurdling benches.
4. Don't attempt to catch a hard hit ball (hit into stands).
5. Don't get involved in arguments with spectators.
6. Keep your eyes on all batted balls.
7. Don't throw bottles, etc., at officials or players. (It is dangerous, cowardly and unsportsmanlike.)
8. Be careful of fires or burnt clothing, caused by careless smokers.
9. Don't place soda bottles or other articles in aisles.
10. Don't gang up to chase a foul ball or homer in stands.
11. Don't stand close to batter.
12. Don't crowd base lines.
13. Don't cross the field while practice or game is going on.
14. Don't stick fingers through wiring of backstops.
15. Don't climb fences.
16. Beware of too much exposure to sun (no hat).

## Condition of Field

1. Beware of glass, stones, balls, slippery turf due to rain, etc.
2. Don't use stones as bases.

3. Bases should be properly spiked into ground.

4. Over-lapping fields are dangerous to players.

5. Poor dressing room facilities (dirty, no shower, etc.).

6. Beware of poor lighted gyms and inadequate spacing for pre-season indoor workouts.

## Equipment

1. Avoid fleece-lined sweat shirts. They are not as good as flannel or wool to absorb perspiration.
2. Always wear a baseball undershirt. Light or heavy according to weather.
3. Wear properly laundered woolen socks.
4. Avoid wearing socks with holes (causes friction, blisters, etc.).
5. Wear shoes that fit properly. Check up on spikes.
6. Wear a supporter or cup.
7. Wear sliding pads.
8. Wear white thin underhose. This often prevents dye from colored hose running into a cut.
9. Don't play bare-legged. Danger of dirt and cuts in sliding.
10. Wear glasses in sunfield.
11. Don't play with poorly padded gloves.
12. Do not permit boys to walk distances to fields wearing spikes (danger in slipping crossing streets, also spikes catching in car tracks, causing sprained ankles).
13. Use your own towel.
14. Dry thoroughly after shower.

## Players

### CATCHER

1. Don't try to catch if you've had no previous experience.
2. Keep right hand slightly clenched in receiving (don't poke fingers forward).
3. The gloved hand is in front of bare hand (about 6"). This also serves as added protection.
4. An occasional practice to contact the ball with gloved hand only, is effective in developing proper habits in catching (mention footwork, gliding and other coaching pointers).
5. Wear proper equipment, mask, protector, shin guards, etc.
6. Practice mask removal in one count (hits and fouls).
7. Don't run up on foul tips.
8. Wheel right on outside balls hit foul and left on inside ones.

9. Have working agreement with pitcher so that you know every pitch that is coming. Sure of sign.

10. In warming up pitcher, make sure you are set for curve, fast ball, etc., and you know what's thrown.

11. Catchers must be strong to take beating when blocking home.

12. Beware of split fingers in cold weather. Keep hand as warm as possible.

13. Use sponge in glove (avoid swelling).

### PITCHER

1. Don't slide into bases unnecessarily (avoid possible injury, pitchers are too valuable).
2. Don't try to pitch with a sore arm or neglect proper treatment.
3. Progressive training throughout season is important. (Teach warm-ups, pre-season conditioning, when to throw curves, bear down, let up, etc.)
4. Explain baking and other therapeutic treatments, muscle injuries, chipped bones, glass arms, etc.
5. Check pitching mound for holes, stones and other irregularities.
6. Finish in fielding position at end of pitch (don't pose).
7. Be alert for batted balls through box.
8. Stay in safe territory during batting and warm-up drills.
9. Intentional dusting off is dangerous and unsportsmanlike.
10. Wear sweater on pitching arm when resting.

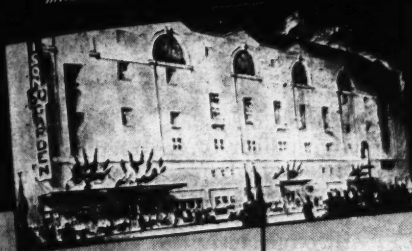
### BATTER

1. Be alert for wild pitches.
2. Stay in good physical condition so reflexes will work quickly.
3. Don't hit pebbles and stones with bats. This is dangerous to others and causes split bats.
4. Don't walk over bats with spiked shoes.
5. Don't throw bat at catcher after hit.
6. Don't swing back after "cut" at ball.
7. Use resin for perspired hands.
8. Check bats before hitting, for any cracks.
9. Hit with label up.
10. Don't walk up on pitch. Batter is off balance and may not be able to "duck" a close one.
11. Don't use a split bat, even if it is taped.

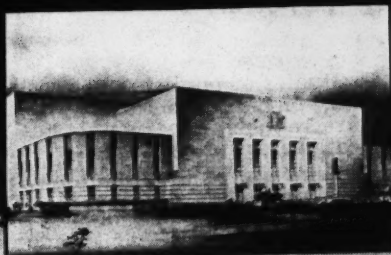
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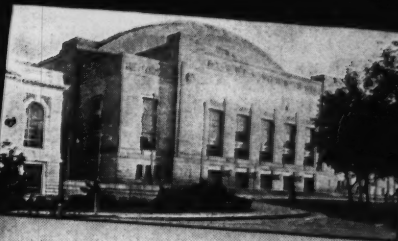
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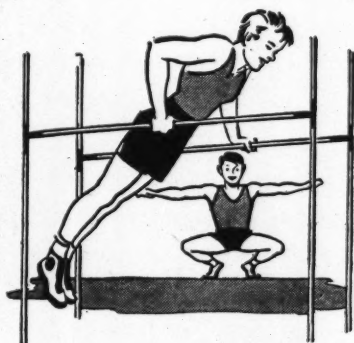
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City.....

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(Check): Elementary.....

Teacher's Training.....

Other.....

College.....

Number of classes I teach.....

Grade Taught.....

Boys.....

No. of students in one class: Girls.....

# MAKE YOUR EQUIPMENT LAST

By Cpl. John Kraft

Cpl. John Kraft, former tennis instructor at the Memphis Country Club, and a frequent contributor to "Scholastic Coach," is now athletic instructor of the IX Corps, "somewhere in the Pacific."

**T**HE saw about "a stitch in time" has timely significance these days in the care of athletic equipment.

With materials scarcer than ever, the school and college coach is being called upon to make his equipment go farther than it ever has before. Every possible precaution must be taken to stretch the life of the existing equipment and to reduce the cost of replacements.

Many new coaches have never assumed this responsibility, and it is mainly for their benefit that these suggestions are offered.

Tennis, badminton and squash rackets should be kept in a cool, dry place when not in use. The demand for tightly strung rackets places an additional strain on the frames, and makes the use of presses a necessity.

## String ensemble

Strings are divided into gut, silk and nylon groups. Of these, gut is the most sensitive and therefore requires greater care. During the playing season, gut strings should be shellacked and gut-a-coated every ten days. Preservatives form a protective lining about the strings and allay direct wear.

Nylon is non porous, but subject to movement and additional friction wear during play. It must therefore be waxed with ordinary paraffin weekly to prevent notches and travel cutting.

Silk strings do not have the resiliency and sensitivity of gut, hence do not require as frequent applications of preservatives. A thin coat of shellac applied every other week is sufficient to keep the silk fibers from fraying.

Rackets should not be kept in head covers for more than eight hours. Cases deprive the frames of normal oxygen supply and form a moisture about the strings that results in unnecessary breakage.

The reaction of leather to excessive moisture is somewhat similar to gut strings. It differs in respect to heat; a high temperature affecting it adversely.

Moisture and high temperatures

cause the formation of a green mold on gloves, balls, shoes and other leather equipment. This growth eats into the composition and destroys its usefulness. It can be prevented by storing the equipment in a cool, dry place.

When exposed to rain, leather articles should be dried thoroughly at a normal room temperature. Baking and other means of artificial drying must be avoided. A good leather preservative worked into the pores will do much to maintain its serviceability and tone.

Should leather require cleaning, saddle soap, applied with a moist cloth, is an excellent application. The dirt is easily loosened by the lather and requires only a brisk rubbing with an additional clean cloth.

Athletic shoes are subjected to dampness through perspiration and inclement weather. Drying out and cracking of the leather can be prevented by the use of a leather preservative on the outsoles and uppers.

Football helmets, shoulder pads and chin guards should be treated with an oil preparation. Helmets, when not in use, should be packed with paper and hung in a dry place. Shoulder pads and shin guards must not be cramped by piling. When crowded, they mildew and lose their original shape.

Athletic wear of cotton, wool and rayon materials should be cleaned after each wearing. The use of lukewarm water will remove dirt and stains, and prevent the running of colors.

## Tend to your knitting

Knit goods must not be wrung out excessively. Avoid drycleaning elastic football pants and supporters. The fluid often proves injurious to the rubber yarn. Washing in clear, warm water will give the best results. Uniforms should be stretched while in the process of drying, and damp garments should be separated and never piled up after washing.

Rubber plays an important part in athletic equipment. Heat, grease and oils combine to render it unserviceable. Care should be taken to avoid needless exposure to sunlight, and oils should be removed as early as possible with soap and water.

Cleaning, proper storage and preservatives assure your sporting goods of long wear

When stored for any considerable length of time, balls should be inflated at a pressure less than normally used in play. Bladders must not be folded or crushed.

Before inflation, the needle should be moistened with glycerin and a pressure gauge used to insure correct poundage. Overinflation materially affects the shape and lessens the life of the ball.

Archery equipment requires special attention. Bows should be dismantled when not in use and arrows racked in a dry place. On the range, bows should be hung on ground quivers between rounds. Moisture from the grass surface must be avoided.

Racks should provide pressure points on the arrows two inches from either end and in the center to prevent warping.

## The net results

Volleyball, badminton and tennis nets should be taken inside during bad weather. When not in actual use, loosening relieves the tension from the supporting cable or rope. Tarred nets are more substantial for use in damp areas.

The American Net and Twine Division of The Linen Thread Co. offers the following six tips on the care of nets: (1) Warn players against abusing nets—hitting with racket, etc. (2) Don't roll or fold nets, hang on pegs. (3) Repair holes promptly. (4) Hose nets before storing. (5) Don't leave nets in a pile. (6) Overnight care—don't slacken net if it has a wire cable, do slacken net if it has a rope cable.

Baseball and softball bats, golf clubs, racket frames and hockey sticks deteriorate from the effects of moisture. Every six weeks all wooden equipment should be coated with protective spar varnish. Javelins, vaulting poles and racket frames should be hung up to prevent warping.

At the first indication of injury to any article, immediate repairs should be made. Cleaning, proper storage and the use of preservatives are your best assurance of long wear in sporting goods.

There are several reputable reconditioning houses who offer you economical and efficient plans to build much extra wear into your equipment.





# Building Man-power for Victory

As we enter into the fourth year of war, we know the importance of basketball and our other competitive sports to our fighting men and our potential fighting men. America's sports have *proved* their importance—as a part of physical war training—as a vital part of rest and relaxation for fighting men—as a source of exercise—body-building—health and high morale for all our people. Today,

the great bulk of Wilson Sports Equipment is going to the Government for "the boys." What is available for civilian use will be fairly apportioned and shipped as promptly as possible. One thing remains unchanged, however. As always, you can count on *Wilson quality*. Wilson Sporting Goods Co., Chicago, New York and other leading cities.



Wilson Athletic Goods Mfg. Co., Inc.  
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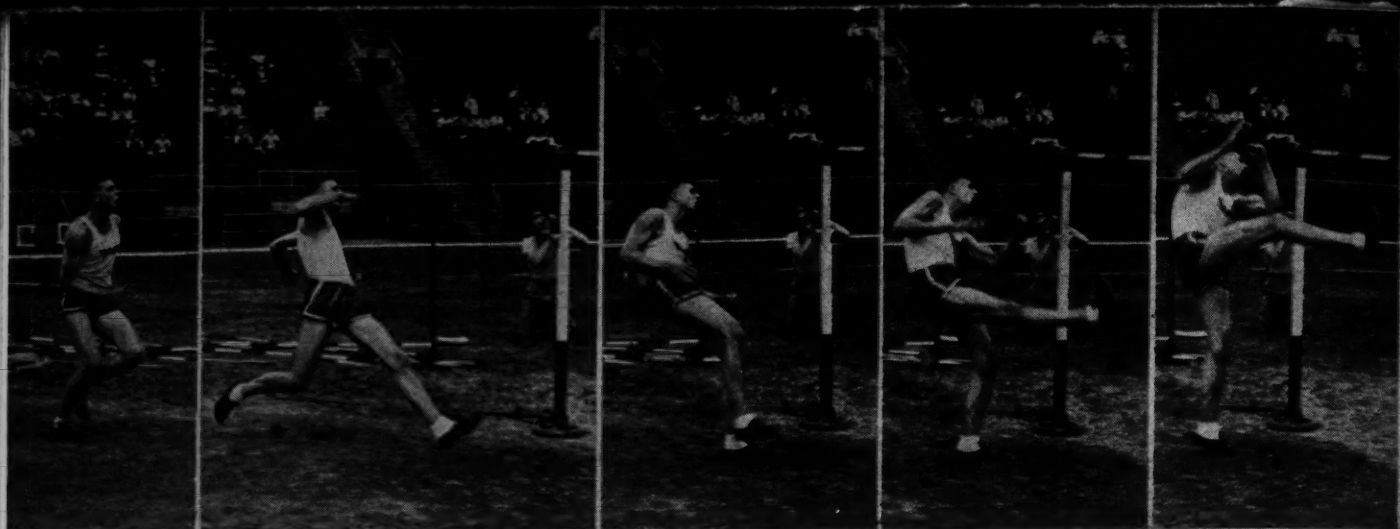
## Wilson

BASKETBALL EQUIPMENT

MEMBER:—The Athletic Institute a non-profit organization dedicated to the advancement of national physical fitness.

Let's all boost the "Living Memorials" campaign to commemorate our war heroes.

**It's Wilson today in Sports Equipment**



# HIGH JUMP

By NORMAN "DOC" KUSEL

Norman "Doc" Kusel is athletic director and coach at Plainville High School, Mariemont, Ohio.

**T**HERE are four distinct styles of high jumping: the scissors, the eastern roll, the western roll with side clearance, and the western roll with stomach clearance.

Although boys of grade school age employ the scissors nearly exclusively, perhaps because it is the most natural style, our better jumpers are addicted to the other three styles.

Here at Plainville, we start by letting the boys jump as they see fit. After watching them a while, we try to make corrections—meanwhile judging the lifting power and drive of their legs.

After selecting five or six boys with these attributes, we're ready to go to work. First we explain how they may improve their ability by improving their form.

An analysis of good form entails the study of (1) the approach, (2) the take-off, (3) the clearance, and

(4) the follow-through. Each of these components must dovetail perfectly with the others, if the jump is to be any good.

These four phases are analyzed in connection with the western roll with stomach clearance, commonly known as the "belly roll," the style we have used exclusively the past five years.

Our western belly rollers take off about one-fourth of the way across the front of the pit. We mark the point where the left foot should strike. Then, as a rule, we measure 24 feet back and place a marker. Ten feet in back of this spot, we place another marker. These distances vary somewhat with the individual jumper.

Now, standing facing the jumping pit at an angle of about 40 degrees, the jumper should hit his check mark with his left foot. From there to the take-off point, he should take eight medium strides and then take off from his left foot. This completes the approach.

The western belly-roller above is Willard Smith, former Stanford and Olympic Club jumper now in the Navy, who tied with Fred Sheffield at 6 ft. 7 in. in the N.A.A.U. championships last spring.

The next phase of the jump is the take-off. In the western roll, as we use it, the jumper takes off on the left foot and swings the right up and over the bar. The right foot is the one that helps the jumper get his clearance. At this point, the stomach and body come parallel to the bar.

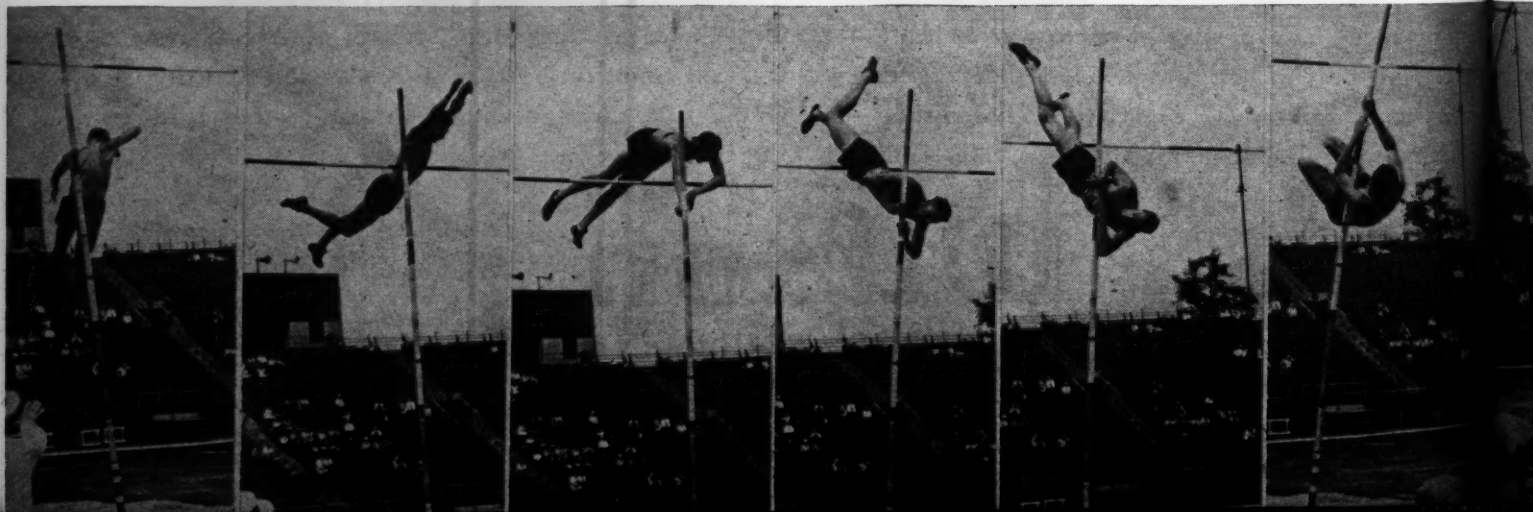
Once the right foot has kicked up and made the clearance possible, the left foot hitch kicks up and back slightly, helping the rest of the body over the bar.

The jumper must then bring his body under control in order to land safely. Some boys take a bad beating in their landings. To prevent injuries and loss of confidence, the coach should devote plenty of time to this phase of the jump.

As a rule, the top-notch jumper is tall and rangy. Nearly all our champions have been at least six feet tall. I do not infer that a boy must be very tall to be a high jumper, but that his chances for success are greater if he is.

My own star jumper, Bill Bachman, who was Ohio state champion in '43 and '44, is six-three and

(Continued on page 31)





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**M**Y method of pole vaulting is divided into four sections—the correct way to hold the pole; running with the pole down the runway; the takeoff, and the pushoff.

The pole should be held with the hands spaced comfortably apart for good balance, left hand placed palm down, right hand placed with thumb on outside of the pole with fingers below and palm to the side or on top of the pole.

To do this the elbow must be slightly twisted. In order to eliminate slipping, tape the pole with white adhesive tape, put on with sticky side out.

Keep the pole parallel with the ground, pointed slightly downward to ensure a good forward lean. Point the tip of the pole directly at the box at all times. Hold the pole as steady as possible and avoid excessive movements of the pole or the shoulders.

It is taken for granted that the vaulter will have at least two check marks on the runway in order to bring him to the takeoff with the proper timing. These marks may be placed almost anywhere along the runway.

A good method is to place one about eight or 10 strides from the takeoff and the other from seven to eight strides beyond the first. Both

Lt. Cornelius A. Warmerdam is the only man in the 79-year official history of pole vaulting to clear 15 feet, achieving that olympic feat 44 times. So that present and future generations of vaulters may have access to Warmerdam's methods, H. Archie Richardson, sports feature writer for *The Christian Science Monitor*, interviewed the great vaulter on his techniques and training habits. The interview is reprinted here by permission. The action pictures are exclusive *Scholastic Coach* photos.

these marks should be hit while running, with the same foot. Build up speed gradually so that the mark closest to the takeoff will be hit at top speed.

Continue this speed until about two or three strides from the takeoff—then relax and "gather" for the vault. Relax does not mean slow up, but to ease the pressure so as to concentrate on the vault. The last two strides will probably be a little longer than the regular stride.

This is probably the most impor-

tant single phase of the vault. The pole is thrust forward into the box at the last stride so that the takeoff foot and the pole hit at the same time.

At this point, the lower or left hand is shifted up to the right, the closer the better. Just before the body leaves the ground it should form a right angle of 90 degrees with the ground. The hands should be directly above the head with the elbows half-flexed.

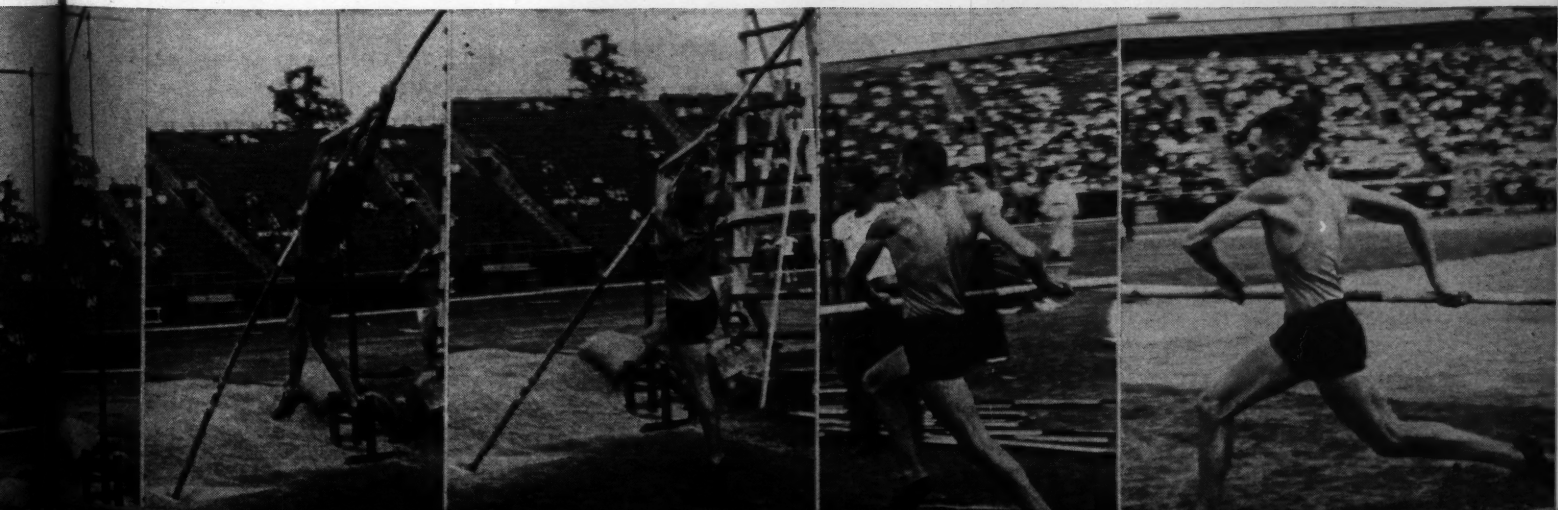
Do not start pulling yet. Allow the body to swing forward with the right leg starting on the up-swing. The elbows, which were flexed at the takeoff, will now be entirely extended so as to get the full benefit of the swing. After this slight delay, kick both legs up hard.

While the pull is being made, the right leg is crossed over the left, turning the body so that the stomach is nearest the bar. The pull and turn are made at the same time so

(Continued on page 30)

## POLE VAULT

By ARCHIE RICHARDSON



# SHORT CUTS IN TRACK OFFICIATING

By Sam Monetta

A few helpful hints to keep your meet moving at a fast and interesting clip

When Sam Monetta isn't busy presiding over his Athletic Supply Co. in Toledo, Ohio, chances are he is out officiating a track meet, since he is one of the foremost track officials in the Mid-West.

**I**F TRACK is to grow in popularity and attract larger crowds, the caliber of officiating must definitely improve.

Most schools are derelict in this respect. They have gone to extremes to insure good football, baseball and basketball officiating. But they still permit their track meets to be run off in slipshod fashion.

Perhaps they think the track official is a minor functionary; that meets run themselves; that anybody can measure a broad jump or decide the winner of a race. One thing is certain: Track officials do not share the standing of their major-sport brothers.

Nevertheless, while they do not make as many arbitrary or vital decisions, their job is just as vital. They must ride herd on a small army of athletes; keep them organized; get them started on time; measure their performances quickly and accurately; keep both the spectators and athletes from congesting the track; and, in general, keep things moving at a fast and interesting clip.

Let them fail in these chores and the meet will degenerate into a sprawling carnival — as probably half our meets do every season.

## Preliminary details

In offering these helpful hints on track officiating, we're going to assume that all the preliminary arrangements have been taken care of; the competing teams have been given full details as to the starting time of the meet and each event; the implements have been checked and made ready; the heats drawn properly; the track laid out; the pits put into shape; and all the other important details looked after.

The rules are clear as to the duties of the Head Timer and Track Judges. But the Referee should make it a point to check with these officials at least ten minutes before the first event. He should see that their assistants have reported and are properly assigned.

Insofar as the duties of the official are concerned, here are a number of

short cuts and practical ideas that have worked over a period of years.

The first and most important thing to remember is *not to deviate from the official rules*.

There is a tendency to overlook rules, not to favor individual contestants, but because officials are loath to "call them as they happen." The starting rule clearly reads, "a man only gets two breaks." It does not give a starter any option. The rule specifically states "he shall disqualify."

Too many men are "called up," to keep them from breaking, instead of being made to come to a full stop before the gun. If the contestants are convinced that the starter will allow no "stealing," there will be little trouble with breaking.

## Don't fail to recall

Your argument is that if they get off together the best man will win, and that's why the race is run. By all means, *don't fail to recall* when any man makes a premature lunge, no matter how small the advantage. Eliminating false starts saves a lot of time in a track meet.

The other rule that is overlooked too often is fouls at curves, etc. Inspectors should be definitely instructed as to their duties, not just asked to stand at the curves and watch for fouls. They should be told what constitutes an infraction and how and when these infractions should be reported. They should also know that the final decision rests with the Referee.

Our number one "speed up" is the Clerk of Course. In big meets, we give the clerk at least three capable assistants whose job is to rotate races. If the high-hurdle race is the opening event, Number One assistant takes heat one, calls and checks men, places them in their lanes and turns them over to the Starter.

At the same time, the Number Two assistant is in the background checking on heat two. As soon as heat one is run, he brings his heat up to the starting line ready for the starter.

This is continued through the preliminaries, with the Chief Clerk on the spot helping hurry the men to their respective heats.

In the finals, the men alternate races in the same manner: Number

One assistant takes the finals of the high hurdles, Number Two assistant, the 100 yard dash, Number Three assistant, the mile, then Number One assistant takes the 440, and so on through the afternoon.

One "must" for every Clerk is a man with a megaphone. This holds true whether a loud-speaker is available or not. The man with the megaphone is a time-saver. By calling late contestants or check inspectors, he makes it unnecessary to send emissaries all the way to the microphones.

Much time may also be saved in running off the broad jump. After the contestants have taken their first jump, the recording official should scan his record sheet. If six are to qualify for the finals, he should note the sixth best jump. Let us say it is 18 ft. 6 in. At the start of the second round of jumps, he should take a small marker, measure off 18-6, stick the marker at the side of the pit, then instruct the judges to measure no jump short of the marker.

This should be repeated for each preliminary turn. In the finals, the marker will represent the lowest qualifying jump. Since there are so few jumping, this marker need not be changed.

## Tip for the discus

In the discus, the mere lining up of the field is a good time-saving device. While laying out the 90-degree sector, swing arcs at 100, 125 and 150 feet. Then carry out the same system as in the broad jump, measuring no try below the sixth best throw.

By using tongue depressors as markers, with the contestant's number on each, you can eliminate the need for any measuring until the last qualifying throws are completed.

The same system may be employed in the shot put. In readying the field, lay out four or five arcs five feet apart, and use the pegs in the same manner.

The pole vault is one of the slowest and yet the most spectacular of events. As such, it has always posed a problem. The judges in charge should understand it is not an endurance contest but a test of vaulting skill.

(Concluded on page 39)



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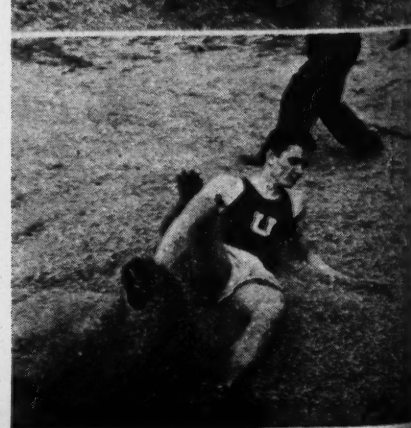
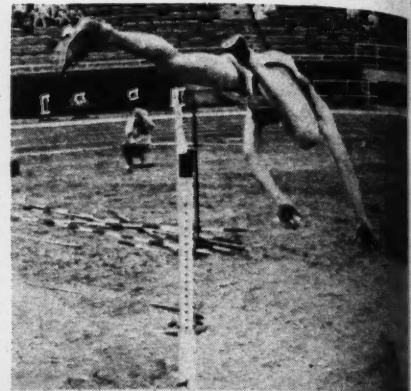
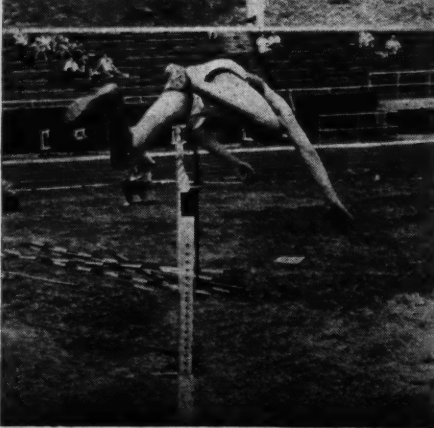
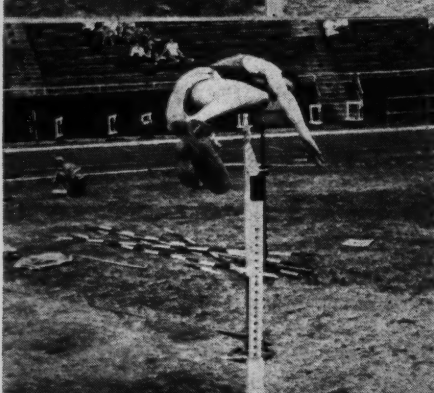
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**Fred Sheffield, National Co-Champion**

Caught in action at the National A.A.U. championships is Fred Sheffield, Utah star who tied for the title with Willard Smith at 6 ft. 7 in. Like Smith (see page 20), Sheffield employs the western belly roll. He takes off from his left foot and thrusts his right foot toward the bar. Keeping his hands high—out of trouble—he hitch-kicks his left leg and lays out, face down, over the bar. The descent is made hands-first.



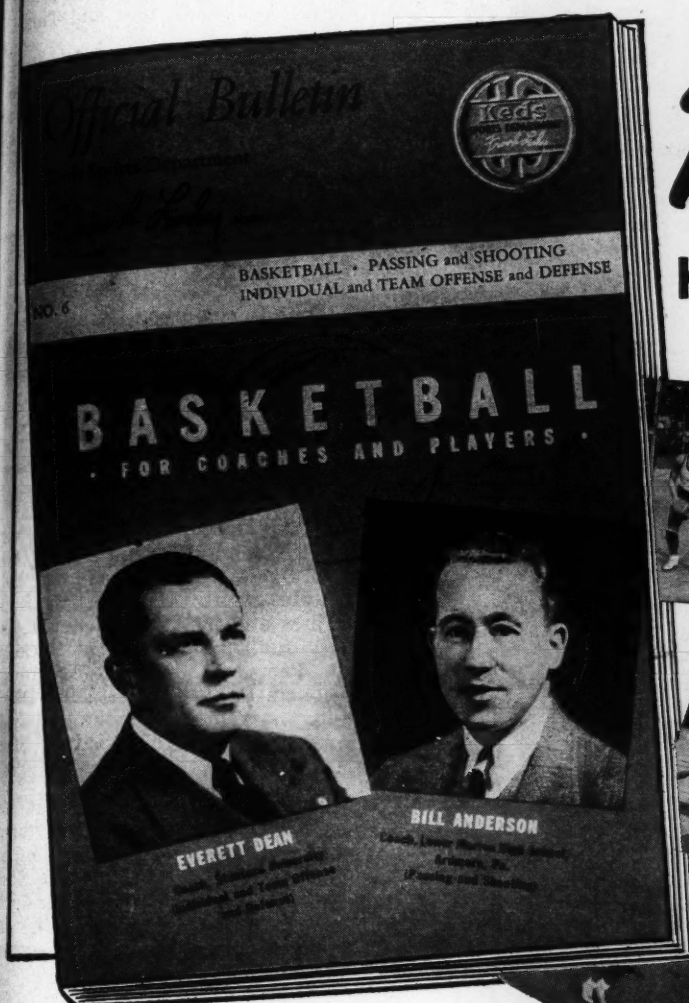


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Keds Sports Department

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## COACHES' CORNER

Drawings by Kate Tracy

Please send all contributions to this column to Scholastic Coach, Coaches' Corner Dept., 220 East 42 St., New York 17, N. Y.

**For golf that's golf, you wanna go to India.** An American colonel recently played a round at a British club. Accustomed to the caddy shortage in America, he was amazed at the army of helpers. Each player, he reports, had the following:

"One teewallah, who handed us our clubs and teed up our balls.

"One caddywallah, who carried the golf bag.

"One agiwallah, who stationed himself down the fairway to watch for and find the balls.

"The course was interesting, to say the least, with wild peacocks, parakeets and other brilliantly colored birds flitting about, and with monkeys in all the trees. To cap it off, a hyena dashed across the fairway pursued by eight jackals."

What we wanna know is how do you play a ball between a jackal and a hyena? And is the agiwallah any help?

"It is rumored you are being paid money for playing football. Is that true?"

"Yes, sir. But I have to make money—I'm putting my mother through welding school." (Thanks to the Lowe & Campbell publication, *The Coach*.)

**Our vote** for the most versatile high school athlete in the country goes to Jimmy Mason, of Hollywood, Calif. He recently won the \$100 first prize in a home-canning contest sponsored by the Kerr Glass Co.! We bet he cooks, purls and minds the baby, too.

**When football players** of St. Mary's Navy Pre-Flight and the Alameda Coast Guard started tossing right hooks after their game, George Arabian, assistant Coast Guard coach, rushed out to be peacemaker and got a good whack on the wrist. After he

arrived home, he discovered the works of his wristwatch had been knocked from its case. George got his flashlight, clambered into Kezar Stadium, went to the spot of the melee—and, yes, dear Watson, he got the works.

As far as our overseas G.I.'s are concerned, Joe Louis can remain heavyweight champion forever. Neither rain, snow nor gloom of night prevented Joe from going through with his exhibition tour of the European front. Two hours before one of his bouts, a terrific storm blew up. It looked as though the event would have to be canceled. Joe waited around headquarters for hours. News then came that despite the storm an immense crowd had assembled. Joe said he would go take a look.

When he arrived at the ring, he saw thousands of G.I.'s sitting in a sea of mud. He climbed into the ring, picked up the mike and announced: "If you could sit in this mud and rain for hours, I sure can fight for you." And he did—after receiving one of the loudest ovations in ring history.

**At one of the Navy's** survival swimming classes, a student was placed atop a 15-foot diving platform. There he hesitated. "Go on, jump," the instructor ordered. The youngster shook his head and remained there, transfixed. "Go on and jump," the instructor repeated. "What would you do if you were that high on a sinking ship?"

"Sir," the boy replied, "I'd wait for it to sink about 10 more feet."

**If military strategy** could win football games, Cornell University would have been national champions the past season. On the squad were seven former servicemen: Simon Degulis, Marshal Islands combat vet; Bill Davies, four years with the fleet; Les Chapman, of the Murmansk convoy;

Clint Laux, who was in the Bougainville fighting; Bob Oakley and Bob Winchester, who were on sub expeditions against the Japs; and Bob Scully, a Marine at Guadalcanal and Tulagi.

**Commander Lew Kirn**, the Navy hero who recently returned from two years of action in the Pacific, had a series of miraculous escapes, and now is one of the most decorated flying officers in the Navy. The Commander who played football at the Navy Academy, was asked to name the most terrifying experience he could remember.

"That's easy," he said. "It was in 1931, when we played Minnesota. I looked up and saw Bronko Nagurski galloping straight at me."

**There are only nine male students** at good old Slippery Rock College this year and all of them are on the basketball team.

**Henry Aldrich** had a helluva time making his school team on the radio last fall. But in actual life, he had no trouble at all. His real name is Dick Jones and he did a masterful job in the T-quarterback spot at Hackley School, Tarrytown, N. Y. According to his coach, Harry G. Oestreich, Dick, or Henry, was the most polished T-quarterback in the metropolitan area.

**Does your kid** refuse to eat his oatmeal but will gobble everything not good for him? Well, according to the Thoroughbred Racing Assn., the same holds true of horses. They don't go for oats much, but Goldey F was extremely fond of onions and would munch them with the tears streaming down his eyes. Okapi chewed tobacco. Sir Huon ate pie and Bonnie Omar used to raise such a fuss every time the soft-drink boy went by that the stable hands used to feed him "sars" regularly.

**Sam Gibson**, ancient San Francisco Seal submariner, was laboring mightily on the hill against Portland, and things weren't going too well. Too many batters were hitting them back at the infielders, who were booting 'em all over the diamond. Sam was willing to condone errors on bad hops and nodded knowingly when the outfielder apologized after each boot. "Bad bounce, Sam. Sorry."

(Concluded on page 38)





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## Federation Meetings

(Continued from page 16)

Athletic Union, organized baseball, the Americanization Committee of the American Legion, and industrial recreation organizations.

Many benefits, both tangible and intangible in nature, came out of these meetings. The A.A.U. conference produced an alliance agreement which insures the highest respect for high school eligibility and contest rules in all events involving high school boys.

Similar agreements were made with organized baseball, the American Legion Baseball Committee and industrial organizations in the field of summer athletic activities. In every case, the leaders of these groups will cooperate fully with the state and national high school rules and policies so that no high school boy will lose his eligibility.

**Baseball.** The agreement between the Federation and organized baseball contains a number of tangible values. The intent is to give high school baseball the same standing as football and basketball. The organization of a National High School Baseball Committee and a series of baseball meetings, similar to those conducted in the aforementioned sports, represent long strides in this direction.

A high school edition of the baseball rules and other supplementary materials will be available for these meetings and for squad skull sessions. The rules book will resemble the other Federation publications and will be used widely in most Federation states.

There will also be talent teams made up of representatives of organized baseball, whose itinerary will be arranged by the high school organizations. Employed in connection with coaching clinics and demonstrations at state final tournaments, these teams should prove exceptionally helpful.

The Federation and representatives of organized baseball will also produce a moving picture film on baseball fundamentals. These films will be made available to high school groups through machinery being set up by the National Federation and state association offices.

For other groups sponsoring summer activities in which high school students participate, cooperative arrangements will keep such organizations fully informed as to established high school rules and regulations. Through this machinery, the administering bodies hope to eliminate possibilities for conflict and situations where boys who are still eligible for high school participation are made ineligible through inadvertent encroachment on the high school rules.

**Football.** The actions of the National Federation Football Committee, insofar as they affect the 1945 season, are outlined on page 40.

One significant development is the authorization of a football player's handbook, similar to the basketball

handbook which was published last year and which had tremendous nation-wide circulation, in addition to a wide circulation (in Spanish) in South America and Mexico.

The National Six-Man Football Committee also authorized several minor changes in the rules. In general, the major 11-man modifications have also been incorporated in the six-man code.

Work on the football publications is already under way and these will be available for distribution not later than May 1.

**Basketball.** Basketball activities were thoroughly reviewed in committee reports and in the deliberations of the National Executive Committee. The machinery for 1945-6 will be quite similar to that of the past year. In this sport, Federation representatives act jointly with representatives of other groups. The annual meeting of the committee (or of the Executive Committee in case travel difficulties develop) is held late in March.

In the meantime, a year-round program of experimentation and study is fostered. This program includes hundreds of meetings under sponsorship of the high school organization and thorough study of basketball problems in accordance with circulars, program outlines and rules publication materials as adopted and distributed by the high schools through their state and national organizations.

**General Organization.** Three new state high school athletic associations were inducted into the National Federation last month. They are Delaware, New Hampshire and Vermont, bringing the total membership of the Federation to 42 states. In addition, the province of New Brunswick, Canada, is officially an affiliated member and other provinces of Canada have informal working agreements.

The terms of two members of the Federation Executive Committee expired with the January meeting. For Section 1, including the states of Connecticut, Delaware, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Vermont and West Virginia, John K. Archer, Malverne, N.Y., secretary of the New York State Public High School Athletic Association, was elected. For Section 5, including the states of Arkansas, Kansas, Louisiana, Missouri and Oklahoma, B. C. Alwes, Donaldsville, La., was elected to succeed himself. In both cases, the term of office is for three years.

Other officers of the Federation are: President, R. E. Rawlins, Pierre, S. D.; S. F. Burke, Thomaston, Ga.; H. E. Ilsley, Spirit Lake, Ia.; J. D. Meyer, Spokane, Wash., and C. A. Semler, Benton Harbor, Mich., members of Executive Committee; and H. V. Porter, Executive Secretary.



# Beating a Zone

(Continued from page 7)

a forward on that side cuts in behind for a pass and shot.

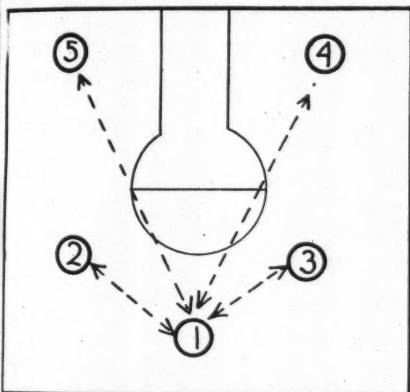
In Diag. 4 we have about the same thing worked from the back line.

In Diag. 5, a good passer is deployed in the middle of the first line with the authority to pass fast and hard to any man he finds open.

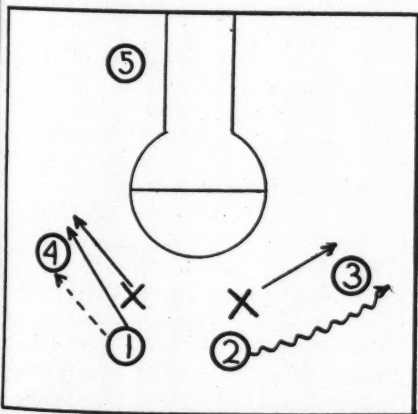
Diag. 6 represents the standard method of using a running screen with a man shooting over the screen.

There are several principles to keep in mind when working against a zone defense.

1. Move the ball fast but at the same time keep men running.
2. Make a zone work hard to stop you. Keep it shifting as much as you can.
3. Remember your opponent uses a zone for two main reasons. One, to get rebounds; two, to put men in position for a fast break. In attacking a zone, therefore, play hard for rebounds, but always be on the alert to drop back on defense.
4. Don't shoot many long ones.



DIAG. 5: Put a good, smart passer out in front and let him use his discretion in feeding the ball. When stuck, the receiver may always return pass. Players cut as they see fit.



DIAG. 6: Moving screens with either guards or forwards shooting over the post. The ball-handler may dribble behind a teammate, stop and shoot; or pass and screen for the receiver.

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## Pole Vault by Warmerdam

(Continued from page 21)

that when the pull is completed the body will be in a clearing position with legs up high, ready for the pushoff, the final phase of the vault.

If the legs are well elevated the pushoff will gain additional height, whereas if the legs are allowed to drop, the entire effect of the pushoff is wasted. Also, the pole must be straight up at this time so that there will be something to push from. Many vaulters leave the pole after the pull and consequently lose many additional inches.

The legs should not be descending until the final moment of the push-off. At that moment the body forms an arc, not a jack-knife, and the elbows and hands are thrown up and out of the way, the pole being pushed back slightly at the last moment.

All phases of the vault, from the takeoff to the final pushoff, should be one continuous movement. There should be no definite pause or hitch anywhere.

After each vault, the foot should be placed in the imprint left by the take-off foot and checked in order to be sure it is on the center of the runway and directly under the hands.

If the vaulter rubs his side or hits the pole with the legs or knees, it means he is taking off too far to the right and thus causing the body to swing into the pole. If the heel is not bothered, a light running shoe may be used. The spikes in the heel are not necessary except to protect the heel at the takeoff.

### Uniform pole

When selecting a pole, an effort should be made to get one that is fairly uniform with no tape. It should be sprung in all directions to be certain it does not contain a weak spot.

The standards should be watched on all jumps to be sure they are in the right spot, and the vaulter should have a teammate stand on the side to check the highest point of each vault. The first vault should be made a good one. The vaulter should not depend on second and third vaults to clear the height. This method saves energy.

The vaulter should keep his eyes on the takeoff box all the way down the runway, until the pole is placed in the box. He should then look up at the bar. He should always think in a positive manner and make up his mind that he is going to clear

the height before starting down the runway.

A little sawdust placed in the box will help ease the shock at the take-off. The vaulter should warm up properly from five to 10 minutes before each vault.

### Hints for schoolboys

Mid-season training hints for high school vaulters: If the vaulter has competed the previous week-end, only a light workout should be taken on Monday: a jog for three-quarters of a lap; limber up; two or three vaults for form; a few starts at top speed; jog a lap; some bar work between starts; and then a shower.

Tuesday: This should be the hardest workout of the week. First a lap at a jog; then the vaulter should limber up and start vaulting as if in a meet. He should go as high as he can. At least 7 to 10 vaults should be taken.

Next he should run two flights of low hurdles placed 20 yards apart, sprint two straightaways with pole, do some bar work, jog a lap, and finish.

If there is to be a meet on Friday, there should be no vaulting on Wednesday. If the meet is on Saturday, two or three vaults can be taken at heights the vaulter has to make an effort to clear. Then three or four wind-sprints, walking the curves and sprinting the straightaways. This should be followed by bar work, walking-on-hands, a couple of flights of low hurdles, and finish.

If the meet is on Saturday a light workout can be taken on Thursday; if on Friday, no workout. No vaulting in any case.

Here is my own mid-season training schedule:

**Monday:** Light jogging; a few starts; an easy 440.

**Tuesday:** Stride 440; run four flights of low hurdles 20 yards apart; five or six hurdles; run a couple of 75 and 100 yard dashes.

**Wednesday:** Easy 440; light high jumping; run two flights of low hurdles at full speed; run 220 yards at  $\frac{3}{4}$  speed; wind up with a 100-yard dash at full speed.

**Thursday:** Light workout; easy jogging down runway a few times with pole; stride 100 yards a couple of times at  $\frac{3}{4}$  speed.

**Friday:** No work.

**Saturday:** Track meet.

I vary this program according to how I vaulted at the previous meet.



If the meets are only a week apart, I never vault between them. Also, in practice I never attempt heights higher than 13 feet 10 inches. When I can clear that height, I know I am in shape for the 15-foot-or-higher vaults.

For all heights I use at least 140 feet of the runway. For all heights up to 15 feet, I hold the pole at 12 feet 6 inches. For all heights above 15 feet I move my hands up to 13-2. Also, I move the standards in closer to the bar for all heights above 14 feet 6 inches.

## High Jumping

(Continued from page 20)

weighs 165 pounds. His best mark is 6 ft. 4 1/4 in.

Some of our smaller jumpers, especially among the negroes, compensate for their lack of stature with great spring and coordination. The average outstanding jumper, however, is tall, lean, very well-coordinated, and has nearly perfect rhythm.

Rhythm is probably one of the two or three most essential factors in championship performance. This vital sense enables the boy to change his body position in mid-air.

Speed is not essential, since the approach to the bar is relatively slow.

(Ed. Note: The author's thesis on physical characteristics is borne out in Dr. Hyman Krakower's paper, "High Jump Prediction." Dr. Krakower's scientific study revealed that our expert jumpers are tall and have long legs and broad feet.)

The jumper must also be very calm and conscientious. Along with calmness must go relaxation. The large crowds that usually gather around the pits are a threat to the boy's composure. Once he becomes too conscious of them, he is licked. He should learn to ignore them, and to concentrate on his jumping.

Another sign of the great competitor is "heart," or courage. Usually the boy either has or hasn't it, and there's little the coach can do about it. About the best coaching bet in this respect is to build up the boy's confidence; to inspire him with his potentialities. Confidence is tremendously important. Calmness, poise and relaxation all go with it.

(For another study of the western belly-roll style of high jumping, see the action pictures on page 24 of Fred Sheffield, University of Utah, co-holder with Willard Smith of the national A.A.U. championship — 6 ft. 7 in.)



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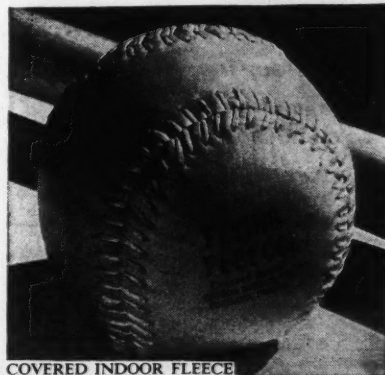


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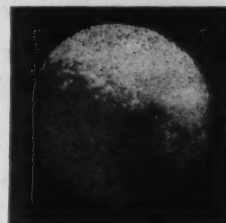
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## SNAP-BALL

by Edward R. Abramowski

Physical education instructors seeking a fast-moving, inexpensive game that can be played almost anywhere may well investigate Snap-Ball, an interesting new game developed at Erie, Pa., Technical High School and described here by athletic director Edward R. Abramowski.

**O**UR teen-age fighters, home on furlough, frequently bemoan the lack of recreational facilities in many of our scattered outposts. Sometimes the terrain is unsuited for such team sports as football and baseball. And where the terrain is satisfactory, there often is a lack of equipment.

Obviously there exists a need for games that can be played in small areas with minimum equipment. It was with this in mind that Erie developed Snap-Ball.

The new game crosses baseball, football and under-leg, a game now being played aboard our ships. Being especially designed for limited areas, Snap-Ball may easily be played on almost any sized gym floor, in a small clearing, on the beaches, or, if need be, on the deck of a ship. Another aspect of the game that should appeal to the physical education fraternity, is that it requires just one piece of equipment—a football.

Snap-Ball may be played in either of two ways. First, with teams of nine on a side, as in baseball, in which case four bases are used; or, second, with smaller groups, using one base and home—the men moving up a position with each putout, as in one-old cat.

In the team game, the players take positions much the same as in baseball. There is no pitcher, but a man is stationed in about the same spot. He is called short center. Naturally there is no catcher. The man in that position is merely called "home."

The remaining seven positions are as in baseball: first base, second base, shortstop, third base, right, left and center field. Usually this is also the order in which they snap (bat).

The game is started with the snapper (batter) placing the football on home plate. Then, assuming the position of a football center, he snaps the ball in one continuous motion anywhere within the field of play.

Following the snap, he races for first base. If he arrives before the ball, he is safe. If not, he is out. Once he reaches base safely it is up to his teammates to drive him home.



FEBRUARY, 1945

The other rules are simple. A fly-ball catch is not an automatic out. Every fielded ball must beat the runner to the base for a put-out.

The play on the bases is the same as in baseball. The runner must be touched out before reaching the base, except, of course, when he is forced. In this case, merely touching the base puts him out.

A runner must stay on the bag while the snapper has the ball. He cannot over-run a base without incurring the risk of being touched out.

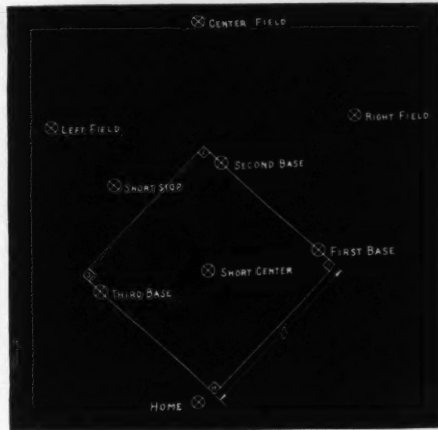
The snapper cannot lift the ball off home while in snapping position. Lifting the ball is a foul and three such offenses constitute an out.

A ball snapped out of bounds three consecutive times is also ruled out.

Bunting, or slowly rolling the ball back through the legs, is not permitted. It is considered out. The ball must be snapped back in one continuous motion.

Three outs retire a side.

The casual observer could be forgiven for thinking the center fielder is merely an ornament. Offhand it seems impossible for boys to snap the ball that far back. From experience, however, we know that many



Lay-out of Field

boys can not only snap the ball over the center fielder's head, they can bang it against the wall 68 feet from home. The center fielder is kept further busy chasing the balls that get by the second baseman. All in all, he gets quite a workout.

The game still has its rough edges. We know there is room for improvement. Recently we added a restraining line 23 feet from home plate. The short center must stay behind this line until the ball is snapped. Otherwise he can run up and smother the snap, forcing runners out at home.

Snap-Ball was introduced in the lower high school grades, where it was enthusiastically received. We next tried it in the higher grades, with the same happy results. In no time at all, the older boys were passing and snapping the ball around with gusto. They said it was just as much fun as softball.

We are confident our boys in the armed forces will like it as well. We're convinced the game will provide diversion and entertainment wherever lack of equipment or facilities discourage baseball, football and other team games.

Inasmuch as there is no body contact and no violent force to the travel of the ball, the game is safe for boys of pre-adolescent age. It can be played during the recess period on the playground or in the regular gym classes.

Physical instructors who have been looking for a game that can teach the rudiments of football without exposing the players to injury, will find their treasure in Snap-Ball. In addition to teaching fundamental baseball skills, it offers good practice in the art of handling a football. It stresses passing in all its forms—forward, shovel, lateral, center, and push.



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## PLANNING THE SCHOOL BUILDING

SCHOLASTIC COACH

EDUCATIONAL committees contemplating the construction of school buildings for community recreation use, would do well to study the code of principles prepared by the American Association of School Administrators and the National Recreation Association.

These principles have already been accepted by many school authorities. The suggestions for carrying out the principles are based upon successful experience. Sound methods of administering and financing the community use of schools by public recreation authorities have been worked out in cooperation with school authorities in many cities.

1. All public school buildings should be planned and constructed to serve effectively not only the requirements of the school program but also the needs of all the people of the community for a broad recreation program.

2. Authorities responsible for administering community recreation activities in the school buildings should have a share in the planning of those facilities intended for community recreation use. If there are no local public recreation authorities, other available competent recreation leadership should be consulted.

3. In meeting neighborhood recreation needs, many of the facilities provided for the school program may be effectively used, such as the gymnasium, auditorium, music, shop and speech rooms, library and play room, and classrooms with removable seats.

4. Citizens' advisory groups representative of the community or neighborhood should be consulted with reference to the planning of new school buildings. Such groups can interpret to the community the need for such facilities, and to the educational authorities the community facilities desired by the people and for which they are willing to pay.

5. Facilities designed for community recreation should be grouped at one end of the school building, in a special wing or in a separate building. Such functional arrangement limits access to other parts of the building, making possible efficient control and economical maintenance and operation.

6. Recreation facilities in school buildings should be situated adjacent to the outdoor recreation areas. Direct access from parking areas

and from the street should be provided.

7. Whenever a school building is designed for community recreation use, such use should be recognized as a major function of the building and not merely as incidental or unessential. A plan of operation should be worked out so that community use will in no way interfere with regular school use. Use of the school by the community should be made attractive and convenient. Facilities for community use should be available for a maximum period.

### Suggestions for execution

1. Provide one or more community rooms as lounges for young people or adults outside school hours under proper sponsorship or supervision. Attractive, well-lighted and ventilated ground floor rooms prove most satisfactory.

2. Provide special cupboards for storing equipment, tools and materials used by community groups in art rooms, craft shops, and other such rooms.

3. Provide separate lockers for community use in locker rooms serving the gymnasium, swimming pool or outdoor recreation areas.

4. Control heating and lighting for parts of the school used by community groups, to reduce heating and lighting costs.

5. Provide for closing off corridors and hallways where necessary to control community use after school hours and to prevent excessive custodial service cost for this purpose.

6. In elementary schools and in junior high schools to be used by younger children, provide a play room that opens on the playground, which is large enough for a variety of activities and contains cupboards for storing play materials.

7. Provide toilets and drinking fountains that are easily accessible from the playground and which, with the play room, can be shut off from the rest of the building.

8. Provide an entrance to the section containing community facilities that is easily reached from the street and well lighted at night.

9. There is an advantage in floodlighting play areas so that there may be a maximum of twilight and evening use.

10. Cafeterias can be used to greater advantage by installing a small stage.

11. Plan all facilities with a view to multiple use.



## OVERSEAS G. I.

## BASEBALL QUIZ

IN THEIR recent overseas jaunt, the U.S.O. camp show team of Dixie Walker, Luke Sewell, Paul Waner and Arthur Patterson (sportswriter) threw an army of baseball posers at our G.I. savants—who made mince meat of them. Our overseas G.I.'s, it seems, know both their bazookas and their baseball.

The five questions which gave them the most trouble, together with the answers, follow.

1. Runners on first and third, none out, in first inning. Batter hits grounder which strikes leg of runner going from first to second. He is called out. Same conditions, same incident in seventh inning. Runner is called safe. Why?

2. Runners on first and second, one out. Batter hits ball which is never touched by defending side. But team at bat is retired. How?

3. No man passes third base in a 9-7 game. Can it happen?

4. Five strikes called on batter in a single time at bat. Explain.

5. How can a batter get credit for a three-base hit which is never in fair territory?

Here are the answers:

1. In early inning, infield was playing back and the runner was hit before ball got to infielder. In late innings, infield played in to cut off run at plate. Ball had passed infielder when it struck runner.

2. Infield fly retires batter automatically and ball, descending, hits runner who was off base "at his own peril."

3. Of course it can—in a women's softball game.

4. Two strikes called in third inning which ends with a runner out at second on attempted steal. Same batter first up in fourth inning looks at three strikes.

5. Ball rolling down third-base line has not passed the bag or settled when the third baseman, in an illegal attempt to prevent it rolling back inside the foul line, throws his glove at the ball—and hits it. Automatic three-base hit.

How did you do?

Here are a few other posers that should give you a workout:

1. How can a team make six hits in one inning without scoring?

2. Who is the only manager to win pennants in both leagues?

3. Who was the last National Leaguer to hit .400?

4. Who won more games in their life-time—Bob Grove or Carl Hubbell?



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# Sports on Midway

(Continued from page 5)

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Pan-Air's two all-American teams operated decorously as the Pan Air Flyers and the Pan Air Players. The Third Marine Defense Battalion also entered several teams in the tournament.

The entry fee was fifty cents per player, the booty going to the two top teams in the league finals.

A volleyball league was organized . . . and a horseshoe league. The horseshoe pits were established back of the recreation office and no sooner was the last stake driven than the air was literally filled with flying horseshoes. Every evening from chow time until dark, a hundred or more men could be found there, either playing or kibitzing—sometimes both.

**L**ESS than six weeks after Vlk's arrival on the Island, work production was stepped up to a degree that surpassed the most sanguine dreams of the contractors; petty bickerings stopped, fault finding dropped to a minimum.

With baseball, volleyball and horseshoes well under way, Vlk instigated an open tennis tournament. Any resident of Midway was eligible to enter . . . and most of them did.

Frank Fritchie, construction worker and one-time state tennis champion of Maryland, and Capt. Bill McCormick of the U. S. Marine Corps, former tennis champion of Missouri State University, met in the finals.

The match was set for a Sunday morning. The whole population of the Island watched the men battle it out under a sweltering sun for three hours. It took Capt. McCormick five sets, including 54 hard-fought games, to prove his superiority.

Midway's most ambitious sports carnival took place on Independence Day, 1941. As might be supposed, George Vlk was responsible for the plan. But he had the enthusiastic backing of every man-jack on the Island.

An order was placed in Honolulu for more than a ton of hamburger, 400 dozen hot dogs, nine gallons of

mustard and vast quantities of lemonade. (No intoxicating liquor was allowed on Midway.)

After weeks of planning and preparation, the big day dawned. Upon conclusion of a few patriotic formalities, the men made a rush for the sports events. There were contests in swimming and diving, horseshoe pitching, a mile-long paddleboard race and a mile canoe race with four men to each boat.

Sixty brawny laborers, steel men, painters, "cat" skimmers, carpenters, mechanics—the cream of the crop—took part in three tugs o' war, ten men to a team.

There were also a 50-yard "centipede" race, a 50-yard three-legged race and a 50-yard Chinaman's file race.

Kid stuff? Small town stuff? Perhaps . . . but how those homesick men loved it! Three thousand strong they whooped until their throats ached. They played the old carnival games of "science and skill" and likewise a few games of luck; they listened to the cajoling barkers who on the morrow would be pouring cement or grading roads, and they viewed the "fat lady" . . . who wasn't even a woman, let alone a lady. . . .

Next came the softball game and, then, after nightfall, the "smoker." The latter attraction brought a capacity crowd to the new sports arena which had been rushed to completion on June 29 and was used for the first time that Fourth of July.

There were three boxing matches and one wrestling bout. In the latter, "Dutch" Heffner tossed Lou Tunnell clear out of the ring twice, but couldn't gain the decision. "Dutch," who was employed on the Island as a carpenter, was an ex-football star from Louisiana State University. After graduation in 1932, he barnstormed for a couple of years, wrestling such well-known gougers as Ernie Dusek and Everett Marshall.

**B**OXING and wrestling bouts—in fact, any sports event—always drew capacity crowds at Midway. Nor was this hard to understand for many an ex-champ was to be found in this little cross-section of humanity.

For instance, there was Fred Dawson, structural steel worker, who had on many occasions brought the crowd to its feet in semi-final Madison Square Garden fights. . . .



Ray Frager had in 1930 won the National A.A.U. lightweight boxing championship. . . . Mike Letz, "cat skinner," was former middleweight wrestling champion of Montana; Dr. Tom Collins, of the hospital staff, was an ex-collegiate boxing champion from Stanford, and Lou Linstead, cargo boss, had eight years before made football history at Washington U.

Whether champions or mere spectators—it didn't matter. The only thing that mattered was that George Vlk's sport program was a roaring success and did for the men of Midway what Superintendent Shiek hoped it would do—gave them a new interest in life and something worthwhile to do in their leisure time.

As a result, the job was finished well ahead of schedule and Midway was ready for the little Nip attackers when they came.

Maybe you can see now why the writer feels that the whole future history of this country might have been different if there had been no sports on Midway. . . .

## Safety in Baseball

(Continued from page 14)

12. When fungoing to outfielders, place yourself advantageously.

### FIELDER

1. Touch inside of bag (avoiding runner's spikes).
2. Don't block entire base.
3. Catch high ball with fingers extended upward, low one with fingers downward and hand cupped.
4. Check your distance from walls, trees and other obstructions.
5. Try to avoid collisions on pop-fly by signals or a third player's call.

### BASE-RUNNER

1. Wear sliding pads to avoid rash.
2. Don't change mind if set to slide. (More injuries occur in last split-second change.)
3. Avoid stepping in middle of bag. (Spikes catch easily.)
4. Check territory surrounding bases and home plate to see if sliding is possible. (Many lots are not kept in good condition.)

### MISCELLANEOUS

1. Don't warm up too close to batter in practice.
2. Stay in dug-out or in safe position when not playing.
3. Hitters should take least dangerous positions.



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# "Coaches' Corner"

(Continued from page 26)

The seventh inning, reports Bob Stevens of the San Francisco *Chronicle*, found the score 4 to 4, a Portlander on third and two out. The batter lofted a towering pop fly that shortstop Young circled under, reached for—and muffed. The runner on third scored and Sam lost the game.

He glowered at Young and growled: "Bad bounces up there, too, ya bum?"

Everybody in professional football has a story to tell about the derring-do of the acrobatic Don Hutson. One of the more interesting of these tales appeared recently in *Collier's*. Before a Packer-Ram game one season, Ram coach Clark took Dante Magnani, his fastest man aside. "Don't let Hutson get on the outside of you," he ordered.

The Packers hammered into scoring territory. Then it happened: Hutson began to cut, shuffling along in his deceptive, lazy style toward the goal posts. Magnani stayed with him—on the outside, too. Faster and faster the Packer antelope traveled, with Magnani escorting him carefully. A few yards from the goal, Don was blazing over the turf, unable to shake clear.

At full speed, he rushed past the post, hooked his left arm around it, wheeled in mid-air in the opposite direction—and caught a pass for a touchdown with his right arm!



Souvenir footballs sold at the Army-Navy game last month bore the stamp: "Made in Japan." Judging by the comments of one congressman, a Jap submarine landed outside Baltimore in the middle of the night, discharged a crew of miniature-football "butchers," who made a haul selling the things; then picked up the butchers at night and returned to Japan, where the silver coins were converted into bombs.

Something new in the way of walk-outs was evolved last fall by Johnny Grigas, star fullback of the pro Card-Pitts eleven. On the eve of the Chicago Bear game, he pulled stakes for home, leaving this remarkable note behind:

"Dear Management and Coaches, The human mind is the faculty of the soul, which is influenced by the human body. When your mind is changed because of the physical beating, week

in and week out, your soul isn't in the game. I have reached the stage where the mind is stronger than the will. In all justice to the management and myself, I am leaving because I couldn't play the whole game."

The strongest football team in the land last year—the unbeaten Randolph Field Ramblers—were masterminded by two high school coaches!—Frank Tritico, head coach, from LaGrange, La., High, and A. M. Batle, of Goose Creek, Tex., High.

At last, the inside story of that daffy Ohio-State—Illinois game in 1943. Remember? The game was tied 26 to 26 with time for just one more play. The Buckeyes had the ball on the Illinois 26-yard line and elected to pass. It failed to connect as the gun barked, and both teams ran for their dressing rooms. Meantime the head linesman had detected an Illinois player offside. What to do? The players had left the field and the spectators had swarmed over the field.

Word was sent to the lockers recalling the players. Some had already changed their clothes. They returned as soon as they could. It was still the Buckeyes' ball, naturally. This time they didn't pass. Their coach, young Paul Brown, noticed that what remained of the crowd had formed in the end zone, and the goal posts stood out in bold relief.

From here on Coach Brown takes over: "For a second I didn't know whom to call on to kick. I had just noticed all my regulars had not returned. There were at least three non-regulars in the lineup. Finally I turned to Stungis, our 17-year-old sub quarterback, and said, 'Did you ever kick a field goal?' He said he had never missed one in his life. So I told him to go ahead and kick, which he did. The kick was good, and we won.

"It wasn't until after the game I learned it was the first time he had ever tried to kick a field goal. So he was telling the truth when he had said he had never missed one. Later in the week, when we were studying motion pictures of the game, we were startled to see the Illinois captain, fully dressed in street clothes, standing among the crowd in the end zone. So they must have had some strangers in the lineup, too."

With good shot-putters at a premiere these days, Leonard Reishus, Sebeka, Minn., High School track coach, reports an embarrassment of riches. Last year he had two boys who could throw the shot 48 feet or better. And on top of that they were brothers. Arnold Surila, a senior, tossed the iron ball 48 ft. 5 in. in the state meet to finish second, while brother Paul, a junior, hit 48 ft. for fourth place.



## Track Officiating

(Continued from page 22)

If all the contestants are getting over the bar, and it is necessary to speed up the event, a smart official will raise the bar six inches. If the vault finals are scheduled a half hour before the first track event, tell the qualifiers they may warm up any time before the scheduled start.

The contestants should also be told that because of this preliminary warm-up, they will start at a height at least 12 inches higher than usual. This height, while probably a foot lower than the qualifying mark, should eliminate at least three jumps a man, thus conserving both time and strength.

In one-day meets, we always attempt to eliminate as many preliminary races as possible. In the 440, 880 and mile races, we draw for schools instead of men. We allow the schools to place their best man in the first row, then reverse the men in the second row. This gives the best runner in each school an even chance; at the same time it does not greatly handicap the second best men.

In the relays, we deviate slightly from the rule. But in so doing, we eliminate a possibility for fouls—that which occur mainly in the passing zones. For example, in the mile, two-mile, four-mile and medley relays, the starting lanes of the competitors are ordinarily reversed from inside to outside at each exchange of the baton, as follows:

Lanes→	1	2	3	4	5
1st Station	A	B	C	D	E
2nd Station	E	D	C	B	A
3rd Station	A	B	C	D	E
4th Station	E	D	C	B	A

We have found it more advantageous to run the relays as follows:

Lanes→	1	2	3	4	5
1st Station	A	B	C	D	E
2nd Station	A	B	C	D	E
3rd Station	E	D	C	B	A
4th Station	E	D	C	B	A

This procedure eliminates two cross-overs, creates less confusion and results in fewer fouls. We gather the contestants at the starting line, explain the switch and let them deploy properly before going to their respective stations or dropping off the track.

As you can see, these short cuts do not handicap the athlete in any way. They do hustle the events along, eliminating the tiresome standing around.



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(Numbers in parentheses denote page on which advertisement may be found)

**SEE PAGE 40 FOR OTHER LISTINGS AND FORM FOR SIGNATURE**

## H. S. FOOTBALL RULES CHANGES

HAVING evolved a healthy, exciting brand of football, our high school rules surgeons saw no need for any major operations at their annual conclave last month.

The few minor modifications they drafted were aimed at the administration of the rules rather than at the playing procedure. A summary of their actions follows:

1. Players who line up less than a yard behind the line and who remain in this position until the snap will be eligible for forward passes, regardless of whether the snap goes directly to them or to another player.

*Comment:* In past years, it was illegal to line up less than a yard behind the scrimmage line, unless you actually received the snap. While the modification will eliminate considerable confusion in administration, it will hardly affect actual practice. Very rarely have officials penalized players under center for becoming pass receivers.

2. The rule relative to a kick which goes into the receiver's end

zone will be greatly simplified through a provision stipulating that any kick which touches behind R's goal line is immediately dead and is considered a touchback.

*Comment:* Last year, this rule applied to all kicks but the few on which new impulse propelled the ball over the goal line. This gave rise to a series of complex situations, which had to be covered in an extensive table. All of which confused players, coaches and officials.

This year's modification removes the exception so that a definite, simple rule applies. There are adequate safeguards against abuse. Whenever a player obtains possession of a kick, the kick is immediately ended. If he should attempt to abuse the rule by purposely muffing or kicking the ball across the goal line, it is a foul for illegally batting a kicked ball.

While this rule will have little influence on actual playing procedure, it should help make kicks safer to handle, obviating the necessity of standing around while waiting for the ball to be declared dead.

3. A slight modification has been made in the rule covering a kick from scrimmage recovered by the kickers behind the line of scrimmage. If such kick is touched beyond the line by a receiver and rebounds so that a kicker recovers behind his line, it will be first down for the kickers, even though they may not be able to advance such kick to the necessary line. This permits a definite statement to the effect that any kick from scrimmage touched by the receivers beyond the line is followed by a first down (regardless of whether recovery is behind or beyond the line).

*Comment:* It is doubtful whether this modification will have any effect on playing procedure. It is merely a simplification of administration.

4. In the case of illegal motion at the snap, or for an illegal shift, the ball will remain in play the same as for offside. The same applies to offside on a free-kick, including the situation where B does not have at least five players within five yards of its free-kick line.

*Comment:* In past years, the ball remained in play for offside but was considered dead for all other snap or free-kick infractions. The addition of man in illegal motion and illegal shift to the cases where the ball remains in play is made on the assumption that the three acts are similar and are the more frequent of the 29 or 30 possible infractions which may occur immediately before or simultaneous with the snap or free-kick.

5. Teams will be permitted to use a dirt tee up to a height of three inches on any free-kick.

The question of permitting the defense to recover and advance a backward pass, fumble or muff was discussed at some length. A special committee was appointed to make further study and to report back. In the meantime, several states will experiment with the proposed modification.

The new rule book will be made available to high schools not later than May 1, at which time the supplementary Football Play Situations Book, containing the official interpretations, should also be ready.

The Executive Committee also authorized the publication of a football player's handbook, designed as a textbook for the study of rules, ethical principles and an appreciation of the machinery through which the game continues to contribute to the high school athletic and physical fitness program.

—H. V. PORTER

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(See page 39 for other listings)

(Numbers in parentheses denote page on which advertisement may be found)

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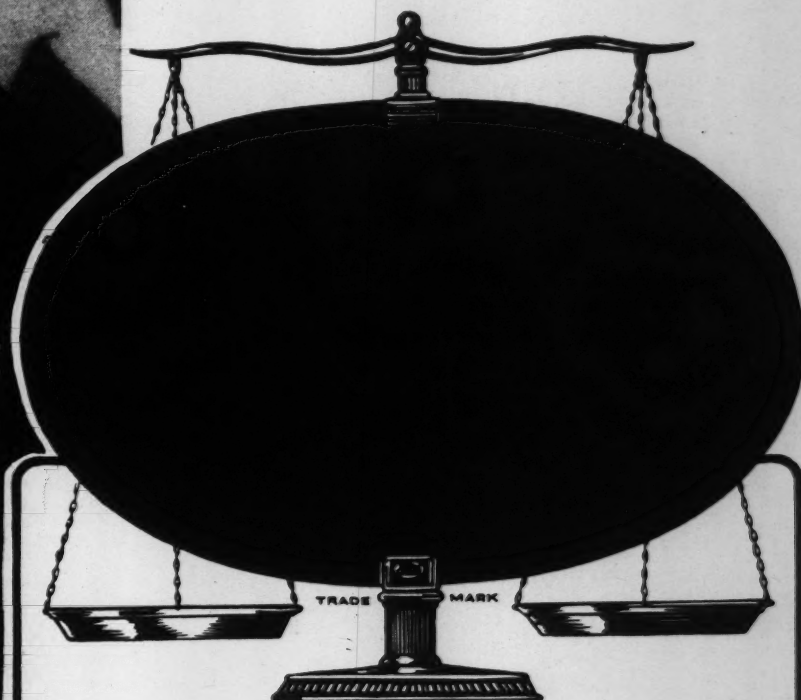
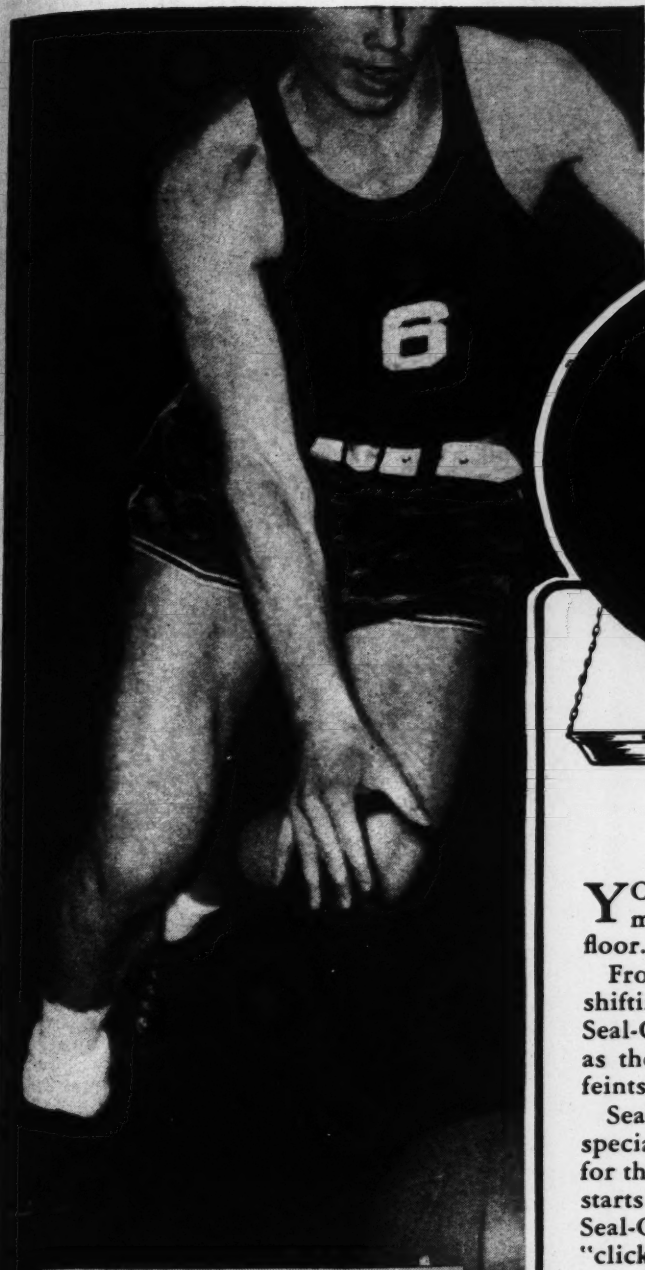
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